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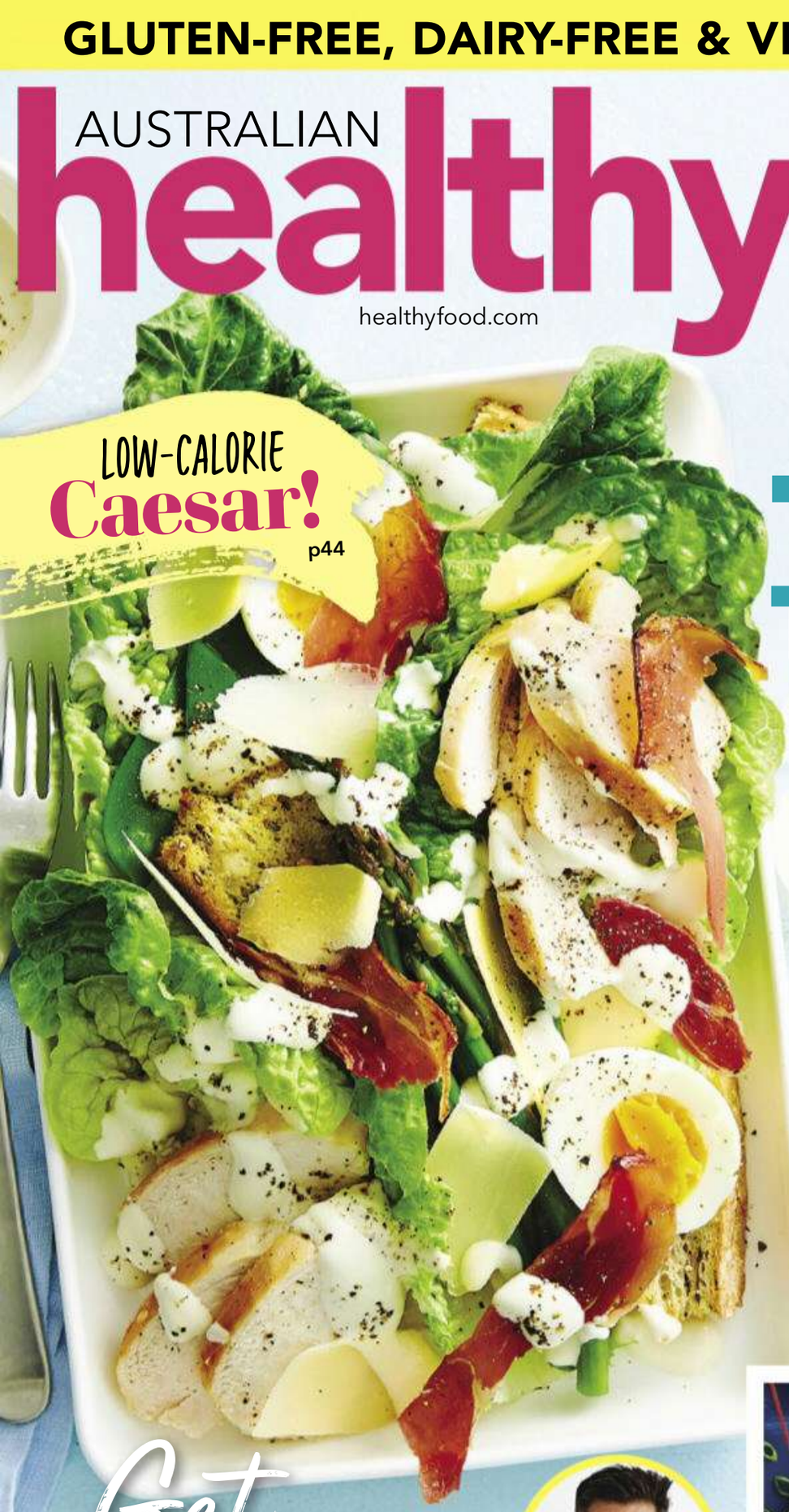
NOVEMBER 2021 $6.99



LOW-CALORIE Caesar! p44

Soothe TUMMY TROUBLES

✓bloating ✓indigestion
✓constipation ✓gas

The BEST foods for your trolley!

healthyfood MAGAZINE AWARDS 2021

EXPERT ADVICE

LOSE WEIGHT after 40

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Get MOVING with fitness expert SAM WOOD!

STICKY CHICKEN BITES

MANGO ICE POPS

PLUS... 'Healthy' chips debunked • Best salad dressings • Easy BBQs

VISIT…

NOURISHING YOU FOR LIFE

Table of Plenty

The SEASONING for ALL SEASONS

Dukkah Crusted Salmon & Peach Summer Salad

Ingredients

Salad
- 1-2 Fresh yellow peaches, sliced
- 1-2 Grilled cobs of corn, sliced
- Yellow cherry tomatoes, halved
- Basil leaves to garnish

Dressing
- 4 tbs Balsamic vinegar
- ¼ Cup olive oil
- Sea salt flakes & fresh ground pepper
- 1 tbs Lemon & Herb Dukkah

Salmon
- 4 Salmon fillets
- 3 tbs Lemon & Herb Dukkah
- ¼ Cup olive oil
- Sea salt flakes & ground pepper

Method

Pre-heat oven to 180°C. Combine the olive oil with the Dukkah and rub onto each side of the salmon fillets, gently patting to help it stick. Place on a lined baking tray and set aside.

Grill the corn on a high heat for 15-20 minutes, turning every few minutes. Remove from grill and allow corn to cool before cutting from the cob. Set aside.

Place salmon in the oven and bake for 12-15 minutes, or until crust on the skin side is well cooked. Fillets should be firm to the touch when lightly pressed.

Combine the tomatoes, peaches and corn to form the salad. Mix all dressing ingredients well and drizzle through the salad to your liking. Garnish with basil leaves. Serve the cooked salmon whole on the side, or cut into bite size pieces and toss gently throughout the salad.

Nut & Spice Blend • All Natural • Gluten Free

Perfect with salmon, chicken, salads & dips, look for our Dukkah range in the spice aisle of your local supermarket.

Welcome

Are you a meal prepper and menu planner, or do you meet our definition of '5pm panic' when the dreaded 'what's for dinner?' conversation starts? I'll admit I'm a little from column A, a little from column B. But, when I do take the time to plan meals for the week ahead, my eating habits are always so much better – not to mention the savings on my grocery bill!

If you have been struggling with the lack of routine that comes with another week of lockdown and home-schooling, our weekly meal plan on page 90 could be just the thing you need. It's balanced, realistic and seriously tasty, full of quick and easy recipes from the issue, as well as snacks and treats so you won't go hungry. Give it a try!

This month we also tackle some challenging questions, such as 'Can you *really* be healthy at any size?' (p28) and what's normal when it comes to toilet habits? (p22). They are two very insightful and thought-provoking reads.

Meanwhile, we are busy working behind the scenes to bring you a beautiful Christmas issue next month! I think we are all in need of a bit of joy to cap off what has been a difficult year. Don't miss it!

Brooke

Brooke Delfino, Editor

EDITOR'S TOP PICK

You have to try this easy yoghurt flatbread pizza base... SO easy & super delicious!

p41

Join our Subs Club to WIN prizes every month!

Once you become a subscriber, you'll automatically go in the draw to win great prizes every month! **This month you could WIN** a prize pack of healthy cookbooks – valued at more than $100! See p92.

Why you can trust AUSTRALIAN healthyfood GUIDE

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Healthy Food Guide (*HFG*) magazine is your **complete guide to healthy eating**. Our recipes use easy-to-find, **affordable ingredients**. Cook with *HFG* and you'll always enjoy a nutritious meal.

We give unbiased opinions and are not affiliated with any food manufacturers. All branded food in *HFG* has been approved by our dietitians. **Advertisers cannot influence editorial content**.

You can trust our advice. All our health information is supported by **solid scientific evidence**, not media fanfare. We smooth out any confusion caused by 'pseudoscientists'.

Dietitians review all our articles so they're always accurate with up-to-date information. **A full list of references** is also available on request.

Every recipe in *Healthy Food Guide* is healthy

Greek goodness
Enjoy fresh, light and healthy dishes that are bursting with class A Mediterranean flavours
Lamb & quinoa stuffed capsicums with feta

Our recipe writers work with qualified dietitians to develop all our meals. A nutritional analysis is provided for every recipe. We test each meal twice to ensure it works and tastes great! Turn to p99 to read about our recipe badges.

LOW SODIUM · HIGH CALCIUM · LOW kJ · LOW FAT · HIGH FIBRE · HIGH PROTEIN · HIGH IRON · 3 VEGIE serves

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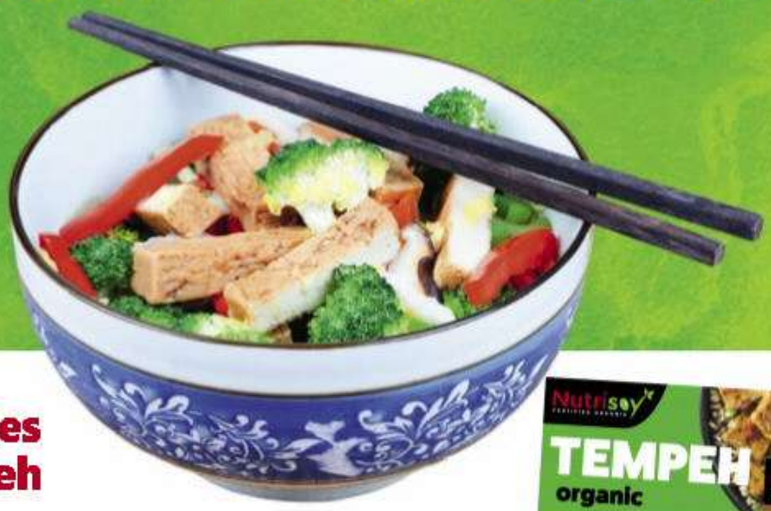
Simply Delicious

Nutrisoy Tempeh and Soyco Tofu make the most delicious Asian dishes come to life



Stir-fried vegetables with tofu or tempeh

Serves **4** Hands-on time **25 min**
Cooking time **10 min**

1 x 300gm pack of Nutrisoy Tempeh or Soyco Tofu
1 tbsp sesame oil
½ tbsp garlic, crushed
3 shitake mushrooms, soaked, then sliced
1 small onion, sliced
½ small red capsicum, cut into thin strips
½ carrot, cut into thin strips
1 celery, chopped
1 bunch baby bok choy, sliced
1 small broccoli, sliced
¼ Chinese cabbage, sliced
1 tbsp light soy sauce
1 pinch of white pepper

1 Heat the oil in frying pan on medium and heat up sliced tofu for 1 minute on each side.
2 In a wok or large frying pan, heat oil on high, put the garlic in and stir for roughly 1 minute until it looks brownish.
3 Add onion and capsicum, and stir for another 1 minute.
4 Add tempeh or tofu and the rest of the vegetables, then stir.
5 Add soy sauce and pepper, stir for 2 minutes until all heated through, and serve.

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For further information and recipes please visit
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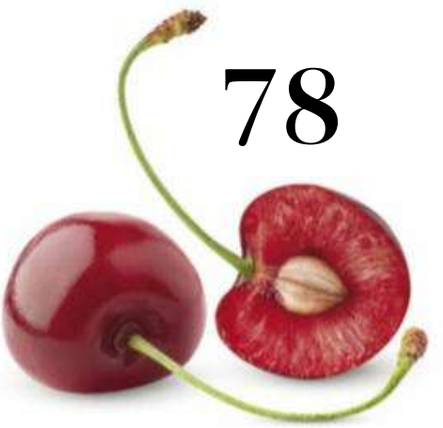

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live well

16 MEN'S HEALTH SPECIAL: FIT AFTER 40 Young men tend to bury their head in the sand when it comes to taking care of their health, so it's often not until their 40s when the results of unhealthy habits become apparent. Here's how to empower the men in your life to stay on top of their game.

22 SHHHH... LET'S TALK TABOOS Farting, belching, wind, poo… it's not exactly dinner table conversation is it? *HFG* editor and dietitian Brooke Delfino answers some of your most embarrassing gut-health questions.

28 CAN YOU REALLY BE HEALTHY AT ANY SIZE? How much weight should you give to the number on the scales when it comes to good health? This has been hotly debated by the medical experts, and *HFG* reveals their thoughts.

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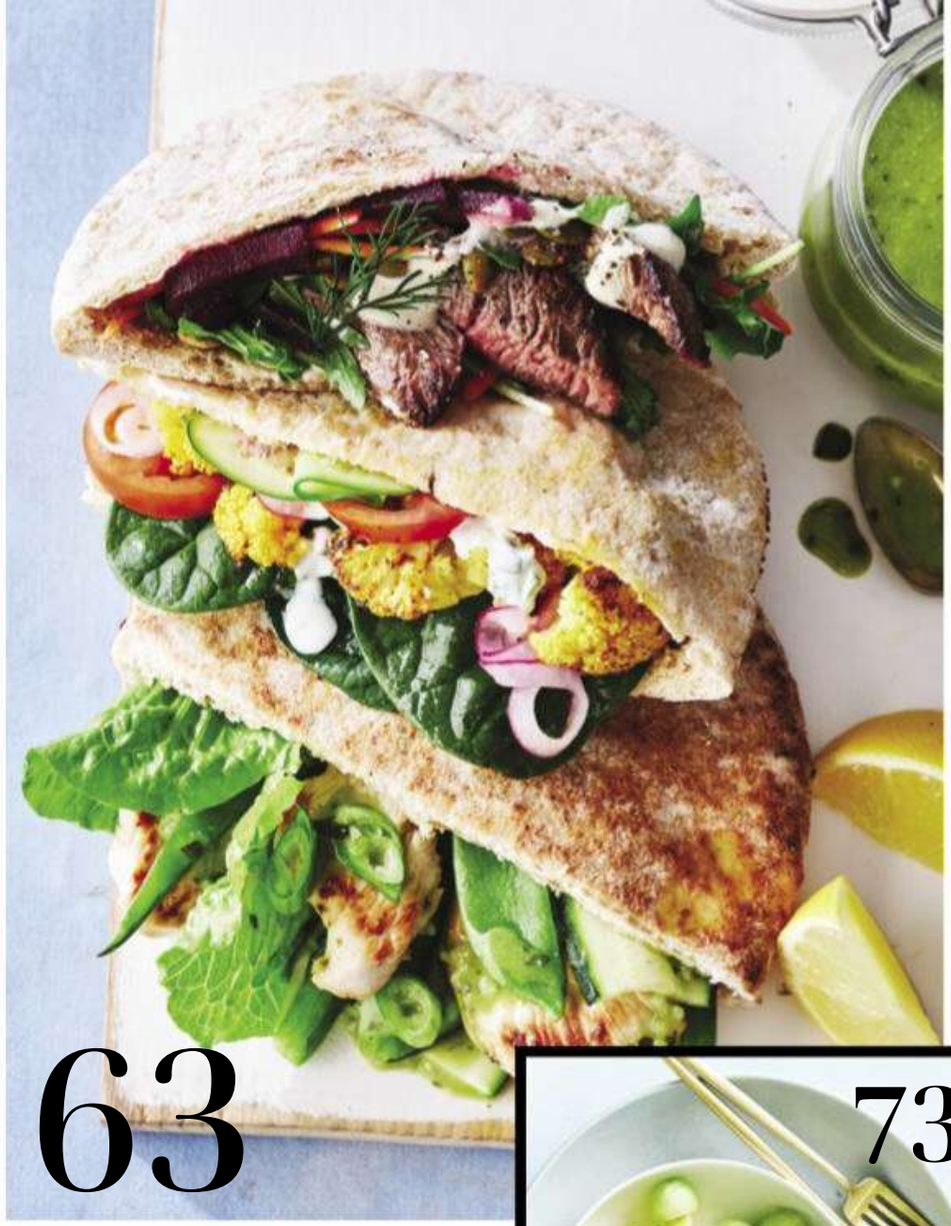

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today for your chance to win 1 of 7 ChefX Miyamoto Knife Block sets valued at $399.95 each!

See p92 to subscribe

your*say*

Got something to share? Connect with us…

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LETTER OF THE MONTH

Priceless practical tips

I'm writing to let you know how much I appreciated your fantastic article, 'How to eat well during cancer treatment.' I'm recovering from breast cancer, having gone through five months of gruelling chemotherapy. I identified with six of the common side effects of treatment mentioned, and wish I'd had the solutions you describe earlier, but better late than never! Your suggestions are concise and informative, and particularly useful when pain is involved in cancer treatment. The article is an invaluable resource for both patient and family/carer when planning meals, as the patient can describe their side-effect symptoms and food can be adjusted accordingly. The September 2021 issue of *HFG* magazine is definitely a keeper!

Maria Birse, SA

Family support

The September issue of *HFG* was perfectly timed for me. After receiving the sad news of a family member's cancer diagnosis, I didn't have to search far and wide for the information I needed. I simply picked up the latest issue of my favourite magazine and found exactly what I was looking for. I've since purchased a second copy of the magazine and have posted it to other family members with a few notations, so we can all support one another as best as possible. Thank you *HFG* for intuitively making an incredibly hard time just a little easier for us all.

John Stratton, ACT

Dinner winners

Your '5pm panic' recipes are a real lifesaver. When I come home late and get asked, "What's for dinner?" I just pull out a couple of *HFG* issues and let my teen and hubby decide while I switch from work to home mode. The recipes are so quick and easy to follow, I can leave them to it. When I get out of the shower, dinner's ready!

Jo Price, WA

PRIZE WORTH $249.95

WIN! Zip Top reusable containers

Write to us at 'Your say' for your chance to win a set of eight Zip Top reusable food storage bags, valued at $249.95. Made from 100 per cent platinum silicone, they stand up, stay open and zip shut, so you don't need lids. The set includes three sizes of cups, three sizes for dishes and two sizes for snacks or sandwiches. They can also be used in the microwave, freezer and dishwasher. www.ziptop.com.au

✻ *Congratulations to Maria Birse, this month's Your say winner, who wins a Grove Avocado Oil salad gift set valued at $135.*

Have your say
at healthyfood.com and click WIN, or write to us at Locked Bag 5555, St Leonards NSW 1590

Note: Letters may be edited for length and content.

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5
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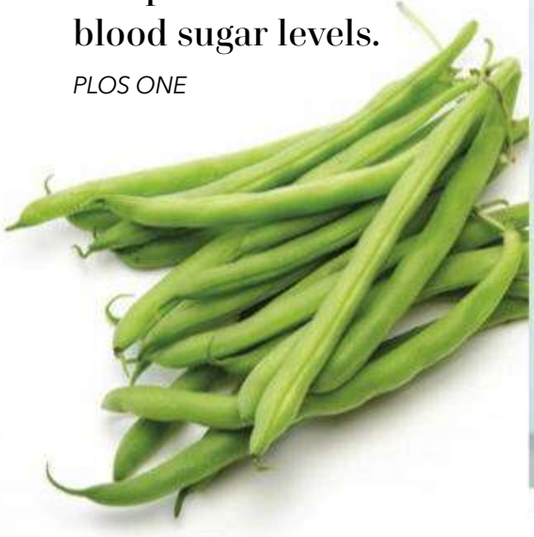
newsbites

STAY UP TO DATE WITH THE LATEST IN HEALTH NEWS AND PRACTICAL LIVING TIPS.

71%

The percentage of Aussie kids who **aren't eating enough good-quality carbs.** These are filling, high-fibre foods, such as vegetables, fruit, whole grains, legumes, nuts and seeds, that don't cause sharp fluctuations in blood sugar levels.

PLOS ONE



WORLD DIABETES DAY 14 November 2021

The number of people living with diabetes has almost doubled in the last forty years, to 8.5 per cent worldwide. The good news is diabetes is manageable with healthy dietary and lifestyle changes. To mark this day of international awareness, enjoy one of our diabetes-friendly recipes – there are 11 to choose from in this issue! Just look for the 'diabetes-friendly' tick beneath recipe names. **www.worlddiabetesday.org**

Photography: iStock.

SEA OF RELIEF

If you get migraines, eating oily fish could ease your pain. A US study revealed a diet high in omega-3 fatty acids, found in mackerel, sardines, salmon and other oily fish, was linked to a reduction in the frequency and severity of headaches.

BMJ

Love your gut

AS WELL AS IMMUNITY, OUR GUT MICROBIOME MAY INFLUENCE LUNG HEALTH, AUSTRALIAN RESEARCHERS SUGGEST. PEOPLE WITH CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD), AN OFTEN FATAL LUNG DISEASE, WERE FOUND TO HAVE MARKEDLY DIFFERENT GUT MICROBIOME COMPARED TO HEALTHY PEOPLE, WHICH INDICATES THE GUT COULD BE A POTENTIAL TARGET FOR NEW COPD TREATMENT.

Nature Communications

Did you know? **Radishes are one of the fastest growing vegetables, with some varieties taking just 21 days from seed to shoots!**

3 BONE-BOOSTING FOODS

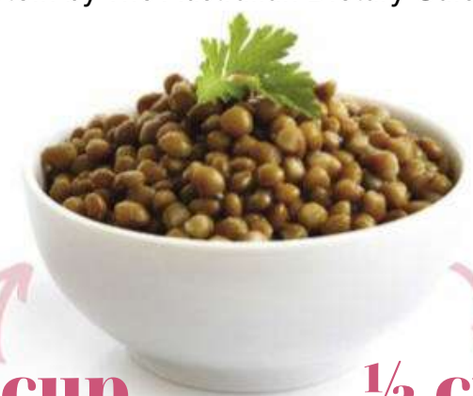
DAIRY FOODS ARE A GREAT SOURCE OF BONE-STRENGTHENING CALCIUM. IF YOU DON'T LIKE MILK, TRY THESE TASTY ALTERNATIVES TO GET MORE CALCIUM FROM MEALS:

1. Blitz yoghurt & fruit into a smoothie for breakfast.
2. Snack on grainy crackers topped with cottage cheese & sliced tomato.
3. Crumble feta over salads or a bowl of pasta for lunch or dinner. ›

newsbites

Portion perfection

Did you know legumes and beans, such as lentils and chickpeas, are considered a serve of veg *and* a serve of protein by The Australian Dietary Guidelines?



1 cup

150G COOKED LENTILS

=

1 serve protein

½ cup

75G COOKED LENTILS

=

1 serve vegies

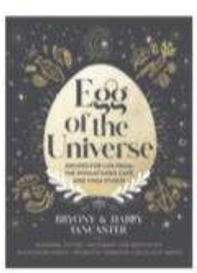
COFFEE CAUTION!

A South Australian study has revealed drinking excessive amounts of coffee – about eight cups a day – is linked to an increased risk of developing osteoporosis, a common cause of bone fractures. How much do you drink?

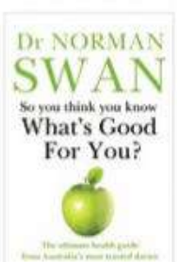
Br J Clinical Pharmacology

Top NOVEMBER READS

Visit our healthy reads page by scanning the QR code below.

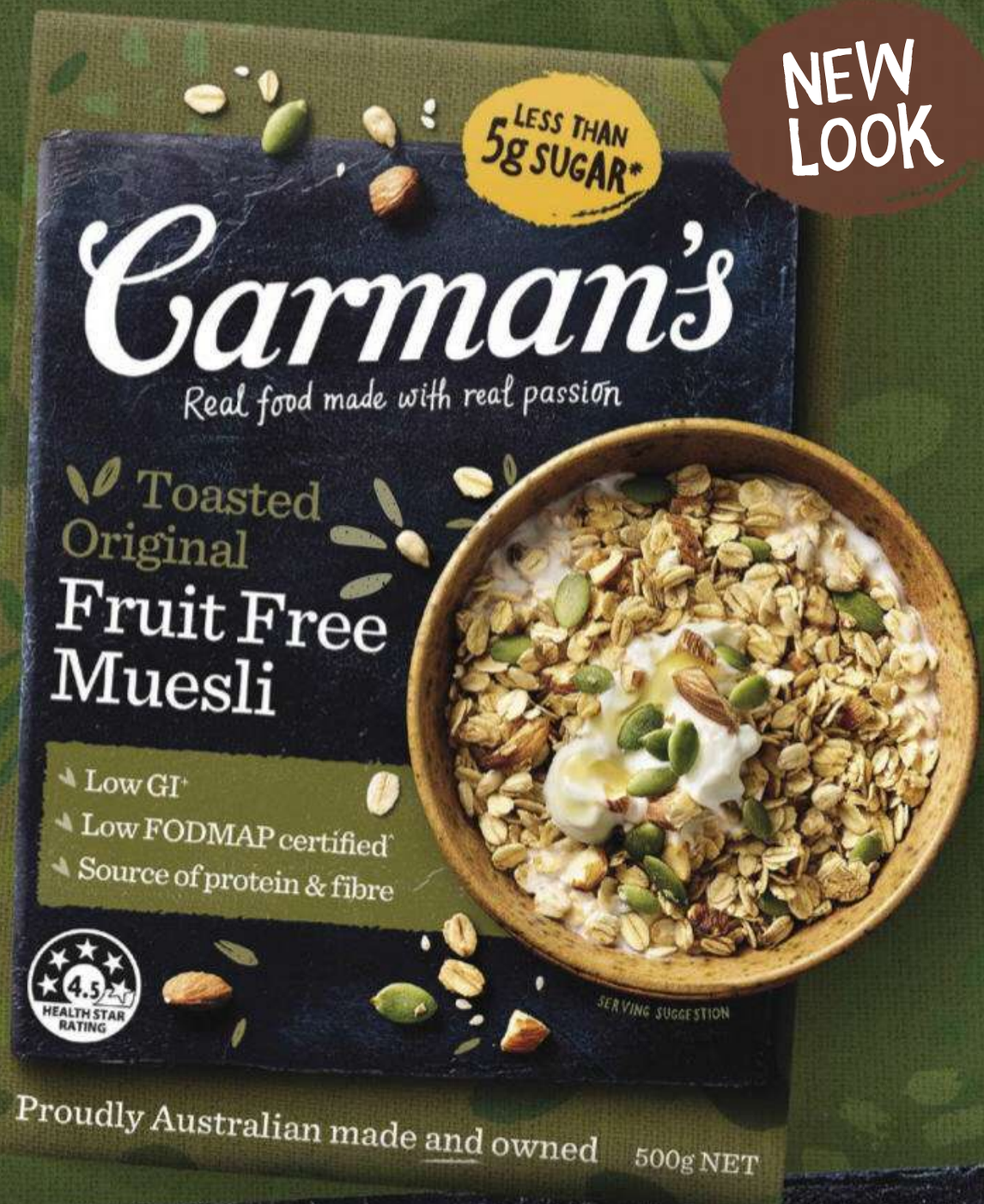


Egg Of The Universe by Bryony and Harry Lancaster (RRP $49.99, Murdoch Books) Recreate at home 100 nourishing dishes from the wholefoods cafe attached to this popular Sydney yoga studio. Recipes include slow-cooked curries, gluten-free eats, gut-friendly ferments and healthy sweet treats. There's yoga and meditation tips, too.



So You Think You Know What's Good For You? by Dr Norman Swan (RRP $39.95, Hachette Australia) From Australia's most trusted health journalist of the Covid moment, this book replaces medical myths, half-truths and misconceptions with all the information you need to make better decisions to eat well, put your mind at ease and live a better life. hfg

DELIGHT *in every* SPOONFUL



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live WELL

men's health: fit after 40 | ease tummy troubles | time to ditch the scales?

Source: *JAMA Netw Open*. 2021. Photography: iStock.

Early birds

Beware of burning the candle at both ends! If you've fallen into the habit of working after hours or binge watching Netflix shows late into the night during lockdown, your health might suffer.

A study revealed staying awake after midnight can suppress the secretion of melatonin, a hormone that promotes good-quality sleep. And not getting at least five consecutive hours of sleep is linked to an increased risk of heart disease, cancer and obesity.

Make an effort to switch off screens and hop into bed before midnight, and you'll wake up energised to get on with your day! hfg

FIT after 40

Young men tend to ignore their health, so it's often not until their 40s when the results of unhealthy habits become apparent. Here's how to empower the men in your life to stay on top of their game.

Photography: iStock.

MEN'S HEALTH special!

As reflected in the latest life expectancy rates, Australian women seem to do a better job of taking care of their health, living about four years longer than Australian men. The reason for this? While individual health risks and issues are a factor, it's mainly lifestyle choices – what men eat and drink, whether they smoke and how often they exercise – coupled with a tendency not to seek professional health advice, that contribute to men's lower rate of longevity.

It's never too late to start making 'better for you' choices and develop positive habits that foster a healthy lifestyle. Some may find this daunting at first but, now more than ever, men need to take their health seriously. Consider these simple and effective steps to start on the journey to good health.

Step 1

WORK OUT REGULARLY

Being active helps us stay physically and mentally well – the more we move, the more we benefit. For men, regular physical activity can maintain or improve blood pressure, cholesterol and blood sugar levels; prevent unhealthy weight gain; maintain strong muscles and bones; and reduce the risk of developing or help manage type 2 diabetes, heart disease and some cancers.

If you haven't been active for a while or have never exercised before, getting started can be the most challenging part. Since any amount of exercise is better than none, start by doing a little every day, then slowly build up to the recommended 30 minutes of moderate-intensity exercise on most, preferably all, days. Include muscle-strengthening activities on at least two days of the week to make it easier to achieve and maintain a healthy weight – a leaner body with more muscle is more metabolically active, meaning it burns more kilojoules all day long.

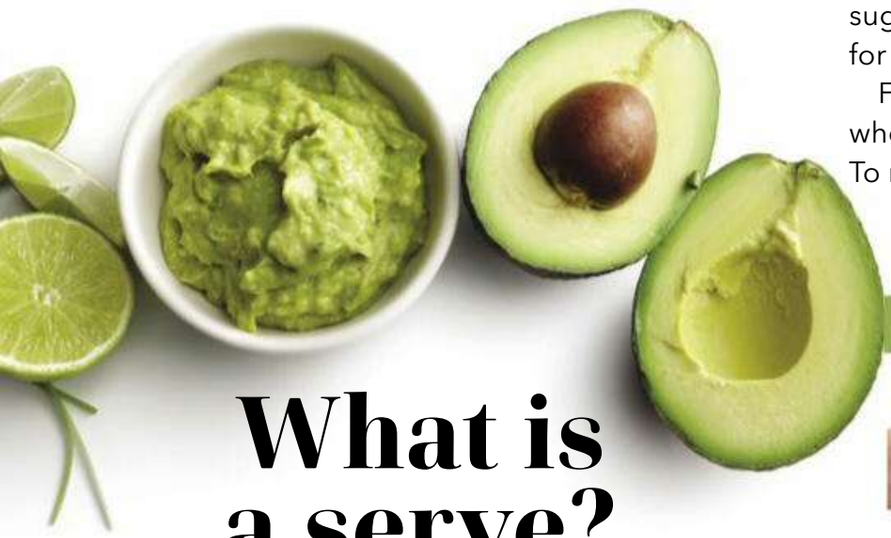
DID YOU KNOW?
Globally, men die on average six years earlier than women, for reasons that are largely preventable.

Kathleen Alleaume is a nutrition & exercise scientist who is passionate about making sense of the latest, often conflicting, health research.

Step 2

TWEAK MEALS

Sure, it's nice to enjoy a round (or two) of beers and pizza occasionally, but when it comes to everyday meals, men should opt for a heart-healthy diet rich in nutrients. This can help with the management of blood pressure, cholesterol and weight, and boost overall good health.



FILL UP ON FIBRE

Many men still think meat is the ultimate 'man food', but fibre – one of the unspoken heroes of good nutrition – is the cornerstone of a healthy diet. And if you think fibre just keeps the bowels regular, think again. Fibre is linked to protection against various diseases, lowering cholesterol and reducing the risk of type 2 diabetes and certain cancers. It's also incredibly filling.

As a nation, both men and women are not doing too well with their fibre intake. The latest National Nutrition and Physical Activity Survey found adults, on average, eat just 20g per day, well short of the suggested dietary target (28g for women and 38g for men) for reducing their risk of chronic disease.

Fibre is found naturally in plant-based foods like whole grains, legumes, nuts, fruits and vegetables. To meet their daily fibre needs, men should include

What is a serve?

DAIRY: 2 serves a day

¾ cup yoghurt | 1 cup milk | 2 slices (40g) of cheese

VEGETABLES: 5+ serves a day

½ cup carrot | ½ cup broccoli | 1 small potato | 1 cup salad

FRUIT: 2 serves a day

1 apple | 1 banana | 2 kiwifruit

QUALITY CARBS: 4–6 serves a day

1 slice bread | ½ cup cooked pasta | ½ cup cooked rice

PROTEIN: 2–3 serves a day

1 cup cooked or canned legumes | 65g cooked meat | 2 large eggs | A small can (95g) of fish

MEN'S HEALTH special!

two serves of fruit, at least five serves of veg and six serves of grain foods, mostly from wholegrain sources like brown rice, wholegrain bread, rolled oats and wholemeal pasta, into their daily meals.

CHOOSE HEALTHY FATS

Gone are the days of fearing fat. Consuming heart-healthy fats such as nuts, seeds, avocado, oily fish (salmon, tuna, sardines) and extra-virgin olive oil is now recognised as being important for overall good health. Limit saturated or trans fats (in butter and commercially baked, deep-fried and takeaway foods), as well as ultra-processed foods that contain excess amounts of added sugar and salt.

PACK A PROTEIN PUNCH

Let's be honest, men rarely struggle to meet their protein needs. It's okay to enjoy a regular T-bone or rump steak because they're rich in zinc, iron and B vitamins. But keep the serve to about the size of your palm – it should take up only a quarter of the space on your dinner plate, leaving one half for high-nutrient vegetables and the remaining quarter for quality, wholegrain carbs like brown rice or wholemeal pasta. Other good-quality sources of protein include lean pork, chicken, fish, beans, eggs, tofu and nuts.

Step 3

PRIORITISE MENTAL HEALTH

Men in their 40s tend to ignore their emotional needs, which can lead to an increase in stress and stress-related illness like anxiety and depression. They tend to avoid having a chat with their mates when they're feeling down, put off going to the GP, and not talk to their partner about how they're feeling because of the still prevalent notion that 'being a man' means being silent and strong!

Mind over matter

There's no joy in being physically fit but mentally miserable! It's important to acknowledge when you need support and when to seek out the right mental health counselling for your needs.

➜ SPEND TIME WITH PEOPLE WHO MAKE YOU FEEL GOOD

If you can't get together physically, chat on the phone or arrange a Zoom call. Just checking in and being there for your mates can make all the difference in terms of providing support.

➜ SEEK SUPPORT

Going it alone when you're down increases the risk of depression or anxiety going unrecognised and untreated. If you're feeling low or overwhelmed, don't hesitate to reach out for help or support.

➜ GET ADVICE & INFORMATION

The good news is the spotlight on men's mental health is bigger than ever. Check out Movember **(www.movember.com)** or Beyond Blue **(www.beyondblue.org.au)** for details. ›

Step 4

CHAT TO YOUR GP

In addition to having a shorter life expectancy, men between the ages of 45 and 54 are twice as likely to develop heart disease and cancer. As you get older, it's always a good idea to visit your GP for a regular health check-up to prevent any niggles turning into problems that become more common as you hit your 40s. Screening tests will also depend on your overall health and family history. Refer to the box (see right) and also talk to your GP about the kind of tests you'll need.

1 in 8 men *will experience* **depression** *& one in five will experience* **anxiety** *at some stage in their life*

Tests how OFTEN?

Every 2 years

have a **heart disease risk assessment** (blood pressure, cholesterol level, waistline)

have an **eye test**

Every 3 years

have a **fasting blood glucose test**

Every 5 years

have your **cholesterol & lipids tested**

At regular intervals

have **skin cancer checks**

have **dental check-ups**

After 50

Start **regular bowel cancer screening** (every two years)

Talk to your doctor about **prostate cancer screening** hfg

FIT *after 40*

Physical activity doesn't have to be structured. Small changes to your daily routine can make a big difference. You could:

- Walk or ride your bike for short trips instead of driving
- Take the stairs instead of the lift or escalator
- Park further away from your destination and walk
- Kick a ball around at the local park with your kids
- Work out at home instead of at a gym. Do push-ups, squats and lunges or household tasks that involve lifting or digging.

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Shhhh... Let's talk taboos

YOUR EMBARRASSING QUESTIONS ANSWERED (gut health)

Farting, belching, wind, poo… It's not exactly dinner table conversation, is it? *HFG* editor and dietitian Brooke Delfino provides answers.

Despite the fact that more than half of all Australian adults experience unpleasant gut issues each year, a large number refuse to discuss these symptoms with their GP. The key reason? Embarrassment. *HFG* lifts the lid on the often unmentionable topics of constipation, bloating, belching and wind.

Suffering in silence

Digestive issues such as excessive gas, bloating, cramping, constipation and diarrhoea can wreak havoc on a person's day-to-day life. While farting and pooping is normal, it seems talking about them is not. A 2016 US survey revealed nearly two in three women aren't willing to talk about gut issues with even their friends. And that's a

FAST FACT
Bloating affects up to 90 per cent of women in Australia.

Photography: iStock.

problem because it leaves so many of us in the dark about what a normal bowel habit actually is, and what counts as constipation, bloating or excessive gas.

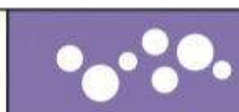
The good news is that common gut concerns, such as reflux, constipation and even irritable bowel syndrome (IBS), can be managed with the help of a few dietary and lifestyle changes, so there's no need to suffer in silence.

What's normal?

One of the most frequently asked gut-health questions is what's 'normal' when it comes to bathroom habits. Everyone's bowel habits are different but, ideally, your bowel will move once or twice a day on most days of the week. This should happen easily, without you having to strain, and the motion should be soft and bulky. To find out what a normal bowel motion (also called a stool) should look like, see our guide below. ›

LOOK before you flush

This guide is based on the Bristol Stool Chart, which illustrates the shape and texture of different stool types. Types 3 and 4 are ideal.

TYPE 1		**CONSTIPATION**
TYPE 2		**CONSTIPATION**
TYPE 3		**NORMAL**
TYPE 4		**NORMAL**
TYPE 5		**DIARRHOEA**
TYPE 6		**DIARRHOEA**
TYPE 7		**DIARRHOEA**

You ask, we answer!

It's time to get comfortable talking about your pooping habits and remove the taboo! We answer your most-asked questions.

2 in 3
Aussies don't meet their recommended daily fibre targets.

1 "Is it normal to strain when doing a number two?"

Potential issue
CONSTIPATION

WHAT IT FEELS LIKE
You feel uncomfortably full and have to strain on the toilet. When you do go, it's painful or difficult and your stools are hard and dry, like pellets.

WHAT CAUSES IT
Most of the time it's your diet: consuming too little fibre and not enough water. Or you could be experiencing a big change to your usual eating habits, for example, being on holiday. Certain medications, such as pain meds or iron supplements, can also be the culprit.

→The fix

Prevent or ease constipation with the three 'f's: fibre, fluid and fitness. Slowly increase the amount of fibre in your diet from sources like wholegrain bread, high-fibre cereals (wheat bran/oats), nuts, legumes, fruit and veg. Drink plenty of water, too. Being active, even if it's just walking around the block, can also help get things moving. Over-the-counter stool softeners, gentle laxatives or a fibre supplement (psyllium) can also provide relief.

Help...

my farts are smelly!

FIRST OF ALL, PASSING WIND IS NORMAL. GAS IS A NATURAL BY-PRODUCT OF THE DIGESTIVE PROCESS. ACCORDING TO THE GUT FOUNDATION, THE AVERAGE NUMBER OF EMISSIONS PER DAY FOR MEN IS 12, WHILE FOR WOMEN IT'S SEVEN, DEPENDING ON THE INDIVIDUAL AND THE QUALITY OF THEIR DIET.

SOME FOODS PRODUCE MORE-OFFENSIVE GAS THAN OTHERS – THINK SULPHUR-CONTAINING VEGETABLES LIKE CABBAGE, BRUSSELS SPROUTS AND BROCCOLI. SPICY CURRIES, GARLIC AND ONION CAN ALSO RESULT IN STRONG-SMELLING WIND, AS CAN DRIED FRUIT, LONG-LIFE JUICE AND DELI MEATS THAT CONTAIN SULPHITES.

2 "After I eat I start belching and feel a burn in my throat. What's happening?"

Potential issue

INDIGESTION or REFLUX

WHAT IT FEELS LIKE

Indigestion is a painful or uncomfortable feeling you experience in the upper abdomen after you eat, as in 'you really didn't need that last mouthful of food'. Reflux is a burning sensation rising from your stomach and chest to your throat, and is also known as heartburn.

WHAT CAUSES IT

Eating or drinking too quickly, or too much. Or eating while you're reclined and laying down straight after you've been eating. Reflux can be triggered by certain foods and drinks, including spicy, fatty or citrus foods, and coffee or alcohol. Underlying medical conditions, such as a hiatus hernia, a peptic ulcer or even anxiety and stress, can sometimes cause reflux to occur.

➜The fix

When eating, think about your posture, pace and portion. Eat meals in a calm environment, where you don't feel too rushed. Sit upright (not slumped or reclined) and try to eat slowly, taking moderate-sized bites and chewing food well before swallowing. Practise putting your knife and fork down beside your plate between bites.

If you're prone to polishing off everything in front of you, don't over-pile your plate. Better yet, switch to a smaller plate. Stop and pause halfway through meals to assess how full you really are.

After meals, allow two to three hours before bedtime to let your body digest the food. If you lay down straight after eating, your stomach pushes up and puts pressure on your oesophagus, causing discomfort and pain. If you're overweight, losing weight can help relieve reflux symptoms. ›

WARNING SIGNS
you shouldn't ignore

One of the key signs of a healthy digestive system is that it's not causing you any problems. However, if any of the following are a common occurrence, talk to your GP.

1 **Burning sensation in your throat after eating** might be acid reflux.

2 **Regular straining** may indicate that you have constipation.

3 **Bad breath** could be a symptom pointing to chronic reflux.

4 **Sudden change to bowel habits** such as hard/lumpy stools or watery/mushy stools could be a sign of IBS.

5 **Pain when pooing** could signal constipation, haemorrhoids or even something more serious.

6 **Excessive gas and cramps** may be related to having IBS.

7 **Sharp abdominal pain on your left side** could be symptomatic of diverticulitis.

8 **Frequent bloating or discomfort** could be a sign you are constipated or have IBS.

9 **An offensive smell** could be a sign that your food is not being absorbed adequately (you may be lactose intolerant, for example) or indicate infection.

10 **Blood in the toilet** could be a symptom of colon cancer or haemorrhoids. See your GP immediately if you notice blood in your stool.

A recent study found eating a low-FODMAP diet was effective in reducing symptoms in about 75 per cent of IBS-sufferers.

3 "I often get cramps and bloating after eating. Is this why my toilet habits are all over the place?"

Potential issue

IRRITABLE BOWEL SYNDROME (IBS)

WHAT IT FEELS LIKE

An uncomfortable combination of bloating, excessive gas and diarrhoea, alternating with chronic constipation. Your life and activities are often ruled by your proximity to a bathroom.

WHAT CAUSES IT

Despite much research worldwide, the cause of IBS is still unclear and thought to be related to a number of factors. Some theories are that it's due to increased sensitivity of the gut and a disturbance to its normal rhythmic movement. New research shows that stress can also play a role. Certain foods – specifically a group of short-chain carbohydrates called FODMAPs – can trigger symptoms. For more about FODMAPs, continue reading p27 (opposite).

→The fix

Most people can ease symptoms by changes to their diet, along with other treatments like medication, psychological therapies and lifestyle changes to reduce stress. IBS treatment should be individualised. For some, food plays a role, whereas lifestyle factors have a greater impact for others. Consult with an accredited practising dietitian before making major dietary changes.

What are FODMAPs?

FODMAP stands for fermentable oligosaccharides, disaccharides, monosaccharides and polyols. These are a group of sugars in some foods that are poorly digested, causing bloating, wind and discomfort in people with IBS. Onion and garlic are the biggest culprits. A recent study found that eating a low-FODMAP diet was effective in reducing symptoms in about 75 per cent of IBS-sufferers.

Smart swaps to EASE BLOATING

Just found out that FODMAPs are behind your tummy pain and bloating? Try these simple food swaps.

HIGH FODMAP		LOW FODMAP
Pears	→	Blueberries
Beans & legumes	→	Tofu
Garlic & onion	→	Garlic-infused olive oil
Asparagus	→	Bok choy
Milk	→	Lactose-free milk
Wholemeal bread	→	Wholemeal or spelt sourdough hfg

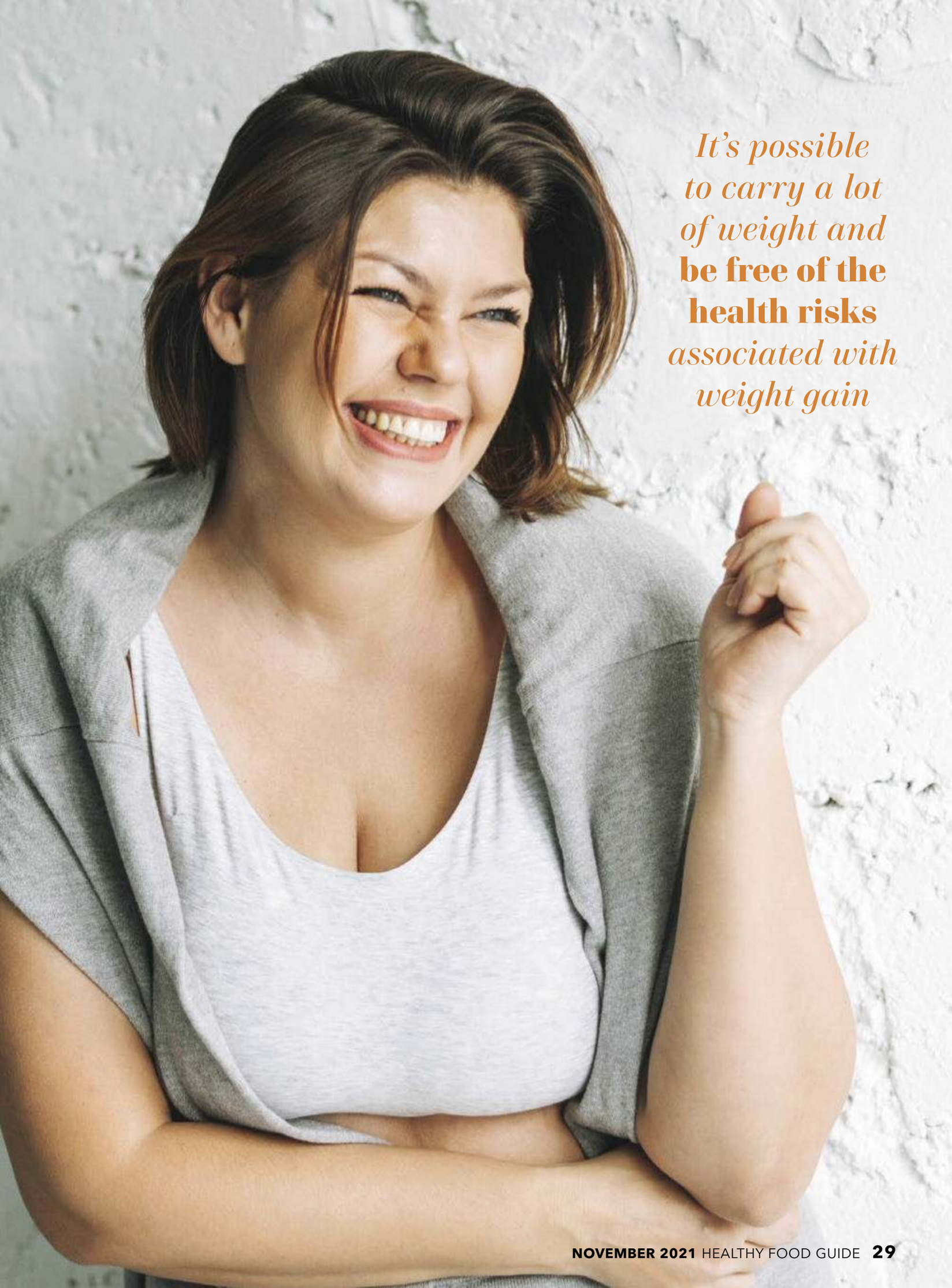
Can you really be healthy at *any* size?

One in two people classified as overweight by BMI were actually 'metabolically healthy', according to a recent study.

How much weight should you give to the number on the scales when it comes to good health? This has been hotly debated by experts, and *HFG* reveals their thoughts.

Weight, height, body mass index (BMI), waist circumference, waist-to-hip ratio… With so many measurements to determine if your weight falls within a healthy range, it's no wonder you might think how much you weigh is the key indicator of good health.

But when did the quest for good health and wellbeing become so entangled with having a perfect figure or being a certain clothing size? There's been a strong push recently towards the 'you can be healthy at any size' school of thought. And alongside this is a vocal band of health professionals arguing that the promotion of diets is unethical, and that BMI and weight alone is not enough to indicate a person's health status. Read on to discover the latest science and what the medical experts make of it. ›



It's possible to carry a lot of weight and **be free of the health risks** *associated with weight gain*

Defining 'healthy'

Many people assume they're in good shape because their weight falls within a healthy range. Yet research suggests it's possible to carry a lot of weight and still be 100 per cent healthy, or at least free of the health risks typically associated with a lot of weight gain.

One recent study concluded that as many as one in two who were classified as overweight by BMI were actually 'metabolically healthy'. This term describes the absence of markers (high blood pressure, elevated cholesterol and insulin resistance) that increase the risk of certain conditions. For one in three whose BMI classified them as obese, it was the same story.

Leading obesity researcher Professor John Dixon is Head of Clinical Obesity Research at Melbourne's Baker IDI Heart and Diabetes Institute. He recommends caution around this concept of 'metabolically healthy' obesity. "The trouble is, people living with obesity can be metabolically normal now, but, unfortunately, we know they don't tend to stay that way in the years ahead," he explains.

Even if they do, the health risks associated with obesity can still exist. According to a University of Glasgow study, people with obesity who have a healthy metabolic profile are four times more likely to develop type 2 diabetes. They also have a significantly higher risk of having a heart attack, stroke and respiratory diseases.

A person's health is **much more nuanced** *than one single calculation*

There's also the fact that having a BMI in the healthy range doesn't guarantee being metabolically healthy. In fact, research shows that up to a quarter of people with a healthy BMI have a higher risk of type 2 diabetes and heart disease. This is due to weight being stored in riskier areas of the body, such as around the stomach, and having other risk factors like high blood pressure, high cholesterol levels and altered insulin sensitivity.

Tiffany Petre is the director of the Obesity Collective based at the University of Sydney's Charles Perkins Centre. She believes these findings reinforce the fact that BMI is not a diagnosis. "It's definitely not," she asserts. "We certainly don't agree that you should measure health based on BMI. A person's health is much more nuanced than one single calculation, so BMI alone is not enough to indicate a person's health status."

Does BMI matter?

While body weight is not the only factor to determine good health, what about body mass index (BMI)? This is calculated by dividing your weight in kilos by your height in metres squared, and used to be the way of checking if your weight was healthy.

Research links a higher BMI to an increased risk of a number of diseases, including type 2 diabetes, heart disease and certain types of cancer. But BMI doesn't distinguish between fat and muscle. This means people with a lot of muscle mass will often have a high BMI, even though their body fat is in the healthy range. BMI also doesn't reflect where body fat is stored.

For this reason, your waist circumference measurement is now considered vital. In fact, some studies suggest that it alone is a more useful measurement. A waist size over 94cm for men and over 80cm for women is considered a potential health risk.

Do I need to lose weight?

According to national statistics, two in three Australian adults are overweight or living with obesity. The health risks associated with excess weight can be serious, so this figure begs the question: as a nation, do we need to shed a few kilos?

Louise Adams is president of Health At Every Size (HAES) Australia, which advocates for a weight-inclusive approach to health. This not-for-profit also pushes back against the need for 'intentional weight loss'.

"At HAES, we don't deny there are correlations between weight and an increased risk of certain health conditions," says Louise. "In line with that, please note our name is 'health' at every size, not 'healthy' at every size.

"But we also know that dieting to lose weight not only doesn't work, there's a significant metabolic impact from 'weight cycling' [or yo-yo dieting], which is what happens to most people who are trying to lose weight," Louise explains.

Most experts agree that BMI alone is not enough to indicate a person's health status.

Food for *thought*

A range of factors aside from weight influences our health – from sleep quality and stress levels to alcohol intake, smoking status, physical activity and diet. In fact, the results of a 2020 study designed to identify whether BMI or a Mediterranean-style diet had the bigger influence on the risk of death suggest eating a healthy diet may be more important than how much you weigh.

The study researchers discovered that, while eating a Mediterranean diet helped compensate for the negative effect high BMI can have on longevity, people with BMIs in the healthy range who didn't follow the diet actually had a higher risk of death than people in any other weight category who did follow the diet. A Mediterranean-style diet consists of eating a good variety of fresh fruit, vegetables, legumes, nuts, fermented dairy products, unrefined grains, fish and olive oil, while keeping intake of red meat and alcohol to a minimum.

Why dieting doesn't work

Long-term studies show that most people can lose some weight on a diet, but the vast majority regain it – and sometimes more – within a few years. Keep repeating that yo-yo cycle, and you're not only at risk of extra weight gain each time, due to the way dieting impacts metabolism, you also bump up your risk of heart disease and depression. One study found women who'd been through just one weight cycle were more likely to experience depression than those who hadn't.

"So what we're saying at HAES is, how about we provide healthcare without the side serving of weight loss," Louise clarifies. "We encourage inclusive healthcare, so instead of focusing on shrinking bodies, it's about taking care of diverse

For some people, **there's no denying** *that weight loss delivers health benefits*

bodies. At the moment, we know that healthcare providers are trained to focus on weight. That means if you go to see a GP with an infected toenail and you have a BMI over 25, you're going to be asked about your weight. And in some cases, depending on what you're seeing your doctor for, you could even be refused healthcare based on your BMI. It's wrong and it's damaging," she adds.

Professor Dixon agrees that achieving successful long-term weight loss is challenging. "It's probably only five per cent of people who can lose weight by dieting and keep it off. And they're likely to be the people who are not only obsessive about what they eat, but whose physiology allows them to be lighter." But he also stresses that, for some, there's no denying weight loss delivers health benefits. "We're not saying everyone needs to lose weight. But sustained loss can have a profound effect on people carrying a lot of excess weight. And it doesn't have to be a lot of weight: losing five to 10 per cent of body weight, and keeping it off, can have incredible health benefits and save lives."

Words: Karen Fittall. Photography: iStock.

What's the solution?

Professor Dixon recommends changing the conversation we're having as a nation about obesity. "At the moment, obesity is very much viewed by society – and sadly, most of our healthcare professionals, too – as being both the person's fault and their responsibility to fix on their own. Both of which are just not true.

"For starters, at least 50 to 60 per cent of our propensity to be a certain weight is genetic. Then there's the programming that occurs in utero before we're even born. And there are so many things in our world that encourage obesity – everything from screen time to food supply."

Petre agrees. "There's this subconscious 'understanding' in society that obesity is 100 per cent within an individual's control if they just made different choices. In that regard, obesity is treated very differently to any other health concern," she says. "And it's purely because of stigma."

That stigma is both powerful and harmful. "Weight stigma is a terrible thing," adds Professor Dixon. "It's pervasive and discriminatory, and when it gets internalised, it reinforces that sense of guilt and failure, becoming a bit of a vicious circle."

Eating a healthy, Mediterranean-style diet may be more important for good health than how much you weigh.

A shift in thinking

Petre says the Obesity Collective is pushing for a new approach. "As well as working towards solutions that address the social, environmental and biological factors that contribute to obesity, what we'd love to see for people who want to lose weight – acknowledging that it is a very personal choice and we're not suggesting everyone 'should' lose weight – is the help of the healthcare sector," she says. "People should have access to doctors who understand the evidence, science and complexity around obesity, rather than just being given lifestyle or behaviour change advice, then left to their own devices, as that's setting them up to fail.

"Ultimately, the shift we're trying to drive around how we think about, talk about and treat obesity is the same one that we've had about mental health over the last decade. We've still got a long way to go," she concludes. hfg

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Greek-inspired dinners | healthier chicken Caesar salad | pita pocket fillings

Ginger chicken meatballs with honey-soy drizzle
(See recipe p50)

Come on over!

Entertaining is a breeze with our impressive platters of delicious bite-size nibbles, all-time favourite barbecue meals and creative coleslaw combos. The kids will also love making (and eating!) healthy mango fro-yo pops. To make life easier, we've done the healthy eating hard yards for you. Every main meal contains at least two serves of vegies. Each dish meets our dietitians' criteria to ensure it doesn't contain too much energy, saturated fat, sugar or sodium. Recipes all come with a nutritional analysis, with the table on page 95 showing how they meet daily nutritional needs.

Our food writers work with **qualified dietitians** to develop these recipes for maximum **health benefits**. For more about our recipe badges, see p99.

LOW kJ | HIGH PROTEIN | LOW FAT | HIGH FIBRE | LOW SODIUM | HIGH CALCIUM | HIGH IRON | 2 VEGIE serves

✓gluten free ✓dairy free ✓diabetes friendly ✓vegetarian

LOW kJ · HIGH PROTEIN · HIGH FIBRE · LOW SODIUM · 5 VEGIE serves

PER SERVE

1669kJ/399cal	Sugars 14.2g
Protein 24.2g	Fibre 9.3g
Total fat 21.3g	Sodium 265mg
Sat fat 4.6g	Calcium 121mg
Carbs 23.2g	Iron 3.8mg

Greek goodness

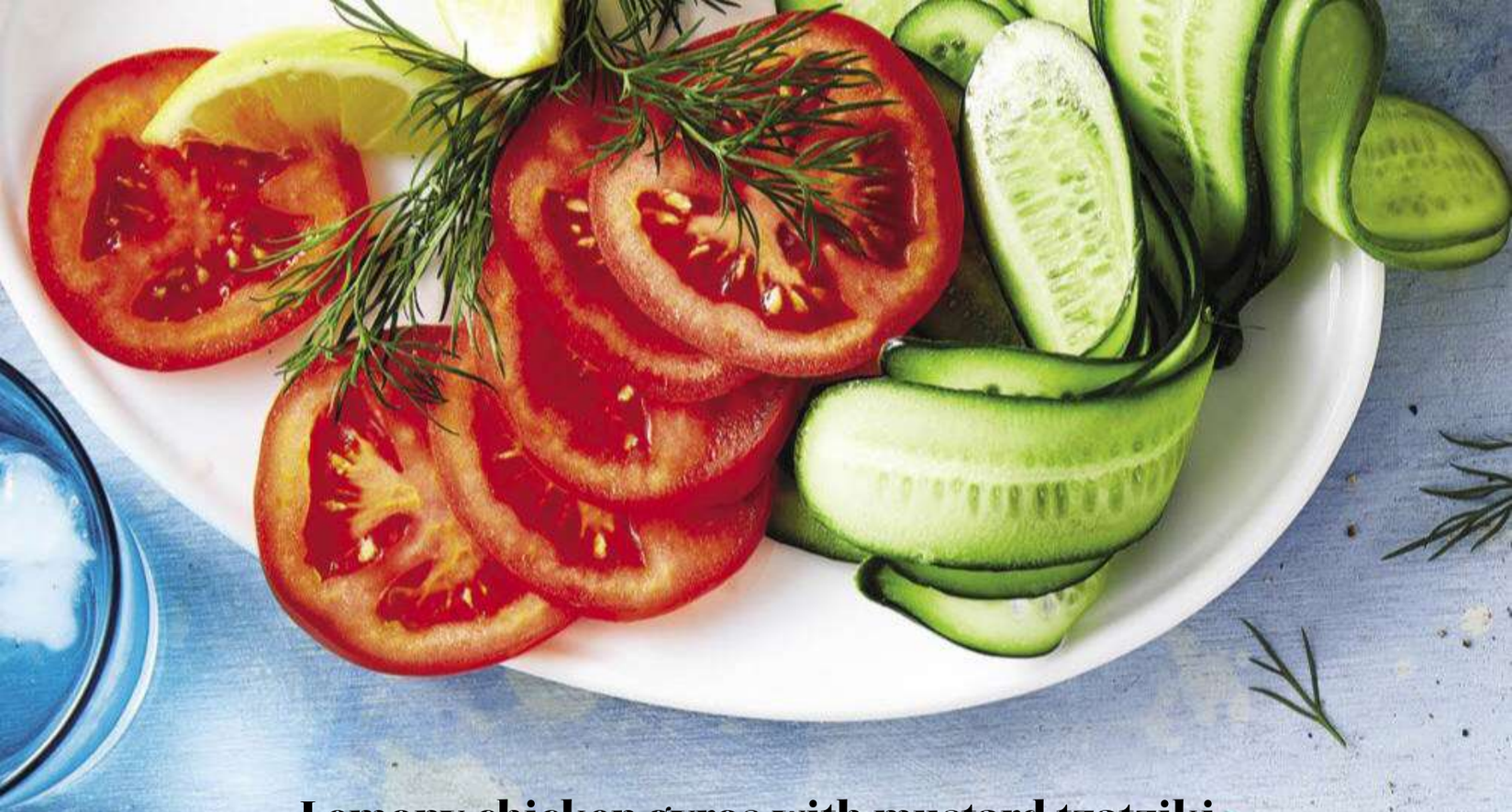
Enjoy fresh, light and healthy dishes that are bursting with classic Mediterranean flavours.

Lamb & quinoa stuffed capsicums with feta

Serves **6** Prep time **20 mins** Cook time **1 hr** Cost per serve **$4.10**
✓gluten free ✓diabetes friendly

- 6 red, green or yellow **capsicums**
- ½ cup **white quinoa,** rinsed
- 2 tablespoons **olive oil,** plus 1 tablespoon extra to serve
- 1 large **white onion,** thinly sliced
- 3 **garlic cloves,** crushed
- 1 large **zucchini,** cut into 1cm pieces
- 1 teaspoon **dried oregano**
- 1 teaspoon **sweet paprika**
- 350g **lean lamb mince**
- ¼ cup **green olives,** pitted, coarsely chopped
- 2 tablespoons **pine nuts,** toasted
- ¼ cup loosely packed **fresh parsley leaves,** finely chopped, plus extra to serve
- 80g **reduced-fat feta,** crumbled, to serve
- 6 cups **salad leaves,** to serve

1 Preheat oven to 180°C. Slice tops off capsicums, reserving. Remove and discard seeds. Set aside.
2 Place quinoa and 1 cup water in a saucepan and bring to the boil over medium heat. Reduce heat to low, cover and simmer for 10 minutes or until quinoa is fluffy and cooked.
3 Meanwhile, heat oil in a large frying pan over low heat. Add onion, garlic and zucchini and cook, stirring, for 5 minutes or until softened. Add oregano and paprika and cook, stirring, for 2 minutes or until fragrant. Add mince, increase heat to medium and cook, breaking up lumps with a wooden spoon, for 5 minutes or until browned. Stir through olives, pine nuts, parsley and quinoa.
4 Spoon lamb mixture into capsicum shells. Top with lids and transfer to a baking tray. Lightly spray with olive oil, then bake for 45 minutes or until just tender and beginning to brown.
5 Transfer stuffed capsicums onto serving plates. Sprinkle over feta and extra parsley. Serve with salad leaves drizzled with extra olive oil on the side.



Lemony chicken gyros with mustard tzatziki

Serves **4** Prep time **15 mins** plus **30 mins marinating** Cook time **35 mins** Cost per serve **$5.65**
✓diabetes friendly

800g chicken thigh fillets, cut in half, fat removed
1 tablespoon **olive oil**
2 tablespoons **honey**
2 tablespoons **lemon zest**
1 tablespoon **lemon juice**
4 **soft wholemeal wraps**
4 large **tomatoes,** thinly sliced
1 small **cucumber,** peeled into ribbons
Lemon wedges, to serve

Mustard tzatziki
2 small **cucumbers,** finely grated
2 cups **reduced-fat Greek-style yoghurt**
¼ cup loosely packed **fresh dill,** finely chopped
2 teaspoons **Dijon mustard**
2 tablespoons **olive oil**
½ teaspoon **smoked paprika** (optional)

1 Preheat oven to 180°C. Line a large baking tray with baking paper.
2 Place chicken, oil, honey, lemon zest and juice in a large mixing bowl. Season with salt and freshly ground black pepper, mixing well to coat chicken. Cover with cling wrap, transfer to fridge and allow to marinate for 30 minutes.
3 Meanwhile, to make mustard tzatziki, squeeze excess liquid from grated cucumber. Place all ingredients in a bowl, mixing well to combine. Season with freshly ground black pepper.
4 Place chicken on prepared tray and cook for 25 minutes or until cooked through. When cool enough to handle, thinly slice.
5 Place wraps in a hot frying pan and heat for 1 minute on each side or until lightly toasted. Divide among serving plates. Spread 1 heaped tablespoon of tzatziki over each wrap. Top with tomato, chicken and cucumber, then serve with lemon wedges.

HIGH PROTEIN | HIGH FIBRE | LOW SODIUM | 3 VEGIE serves

PER SERVE	
2411kJ/577cal	Sugars 18.3g
Protein 46.9g	Fibre 6.5g
Total fat 16.4g	Sodium 277mg
Sat fat 4.1g	Calcium 107mg
Carbs 56.3g	Iron 3.9mg

COOK'S TIP

Use leftover mustard tzatziki as a dip for raw vegies. Store it an airtight container in the fridge for up to five days.

GOOD FOR
THE GUT!

Chargrilled eggplant adds a delicious hit of **umami flavour** *to homemade pizzas*

Yoghurt flatbread pizza with eggplant & olives

Serves **6 (makes 2 pizzas)** Prep time **15 mins** Cook time **20 mins** Cost per serve **$2.95**

✓vegetarian

- 400g **reduced-fat Greek-style yoghurt**
- 300g **wholemeal spelt flour**, plus extra to dust
- 1 teaspoon **baking powder**
- 2 teaspoons **rosemary**, finely chopped
- 2 tablespoons **olive oil**, plus 2 teaspoons extra to drizzle
- ¼ cup **sun-dried tomato pesto**
- 100g store-bought **chargrilled eggplant**, thinly sliced
- 100g **mixed olives**, pitted, chopped or whole
- 100g store-bought **roasted red capsicums**, thinly sliced
- 60g **baby spinach leaves**
- 1 small **red onion**, thinly sliced
- 4 **cherry tomatoes**, halved
- 100g **reduced-fat feta**, crumbled, to serve

1 Preheat oven to 200°C. Line 2 large baking trays with baking paper and warm in oven.

2 Place yoghurt, flour, baking powder and rosemary in a mixing bowl. Using a wooden spoon or clean hands, combine ingredients until dough is soft and just sticky. Divide dough into 2 balls. Lightly dust a clean work surface with extra flour, then roll each ball into a 30cm round. Carefully remove prepared trays from oven and transfer pizza bases onto hot trays. Drizzle with olive oil, then bake for 10 minutes or until lightly browned and slightly risen.

3 Remove pizza bases from oven. Spread with tomato pesto, then top with eggplant, olives and capsicum. Bake for a further 10 minutes.

4 Meanwhile, place spinach, onion and tomato in a bowl, tossing to combine. Drizzle with extra olive oil. Serve pizzas topped with spinach salad and scattered with crumbled feta.

HIGH FIBRE · 2 VEGIE serves

PER SERVE	
1766kJ/423cal	Sugars 5.4g
Protein 19.7g	Fibre 8g
Total fat 18.7g	Sodium 797mg
Sat fat 4.3g	Calcium 188mg
Carbs 41.7g	Iron 2.9mg

Pork & fennel kebabs with cauliflower rice

Serves **4** Prep time **20 mins** Cook time **15 mins** Cost per serve **$3.25**

✓gluten free ✓diabetes friendly

500g lean pork mince
1 small red onion, finely chopped
2 garlic cloves, crushed
1 baby fennel, finely chopped, (including fennel fronds)
1 teaspoon ground cumin
1 egg, lightly beaten
1 tablespoon gluten-free breadcrumbs
1 tablespoon lemon zest
1 medium cauliflower, cut into florets
2 tablespoons olive oil
¼ cup store-bought roasted red capsicum, thinly sliced
2 tablespoons fresh parsley leaves, finely chopped, plus extra to serve

Tahini yoghurt dressing

200g reduced-fat Greek-style yoghurt
2 tablespoons tahini
2 tablespoons fresh parsley leaves, finely chopped
⅓ cup lemon juice

1 Preheat oven to 200°C. Line a large baking tray with baking paper.
2 Place mince, onion, garlic, fennel, cumin, egg, breadcrumbs and lemon zest in a large mixing bowl. Season with freshly ground black pepper, then mix well to combine. Shape mixture into 7cm ovals to make 12 kebabs in total.
3 Place kebabs on prepared tray and lightly spray with olive oil. Bake for 10 minutes or until cooked through. Turn oven to grill and cook for a further 5 minutes or until golden brown.
4 Meanwhile, place cauliflower in a food processor and pulse until a rice consistency. Heat oil in a large frying pan over medium heat, then add cauliflower rice and cook, stirring occasionally, for 10 minutes. Add capsicum and parsley, stirring to combine.
5 Meanwhile, to make tahini yoghurt dressing, place all ingredients in a small bowl, mixing well to combine.
6 Divide cauliflower rice mixture among four serving plates. Top with kebabs and drizzle over dressing. Serve garnished with extra parsley. hfg

HIGH PROTEIN | HIGH FIBRE | LOW SODIUM | 3 VEGIE serves

PER SERVE	
1792kJ/429cal	Sugars 11.9g
Protein 36.6g	Fibre 6.4g
Total fat 23.4g	Sodium 207mg
Sat fat 4.1g	Calcium 171mg
Carbs 15.9g	Iron 3.3mg

Recipes: Vikki Moursellas. Photography: Steve Brown. Styling: Sarah O'Brien. Food prep: Tamika O'Neill.

COOK'S TIP

You can use ready-made cauliflower rice, available from the freezer section of large supermarkets, instead of making your own in step 4.

Royal revamp

HFG makeover

Tuck into a healthier version of the classic, gourmet chicken Caesar salad.

Chicken Caesar salad

Serves **4** Prep time **30 mins** Cook time **15 mins** Cost per serve **$5.15**

- 4 slices **wholegrain sourdough**, torn into bite-sized pieces
- 2 thin slices **prosciutto**
- 2 x 200g **chicken breast fillets**
- 200g **snow peas**, halved
- 2 bunches **asparagus**, halved
- ⅓ cup (80g) **reduced-fat plain yoghurt**
- 2 tablespoons **lemon juice**
- 2 **anchovies in oil**, drained, chopped
- 2 teaspoons **Dijon mustard**
- 2 tablespoons finely grated **parmesan**, plus ¼ cup shaved parmesan, to serve
- 2 **baby cos lettuces**, leaves separated
- 4 hard-boiled **eggs**, peeled, halved

1 Preheat oven to 180°C. Line a baking tray with baking paper. Place bread on prepared tray and lightly spray with oil. Bake, adding prosciutto to tray for last 5 minutes of cooking time, for 10 minutes or until prosciutto and croutons are crisp.

2 Meanwhile, lightly spray a chargrill pan or non-stick frying pan with olive oil and heat over medium-high heat. Add chicken and cook for 3–4 minutes each side or until cooked though. Rest for 5 minutes before slicing.

3 Meanwhile, boil or steam snow peas and asparagus until tender but still crisp. Refresh under cold running water. Drain.

4 Place yoghurt, lemon juice, anchovies, mustard and grated parmesan in a food processor and process until smooth.

5 Arrange lettuce, snow peas, asparagus, eggs, croutons and chicken among four serving plates. Drizzle with yoghurt dressing, then serve topped with prosciutto shards and shaved parmesan. hfg

LOW kJ · HIGH PROTEIN · HIGH FIBRE · 3 VEGIE serves

PER SERVE	
Our version	**Regular version**
1613kJ/386cal	3583kJ/857cal
Protein 42.9g	Protein 47.6g
Total fat 14.2g	Total fat 61.6g
Sat fat 4.3g	Sat fat 12.9g
Carbs 17.9g	Carbs 27.5g
Sugars 5.9g	Sugars 6.5g
Fibre 6.5g	Fibre 2.9g
Sodium 630mg	Sodium 1771mg
Calcium 198mg	Calcium 211mg
Iron 3.7mg	Iron 2.7mg

Recipe: Chrissy Freer. Photography: John Paul Urizar. Styling: Michaela Le Compte. Food Prep: Vikki Moursellas.

FEEL SATISFIED!
WHY IT'S BETTER
Our version has a third of the saturated fat & sodium of a regular Caesar salad, & contains less than half the kilojoules.

More-ish mouthfuls

Be the hostess with the mostess when you pass around a platter of these bite-sized beauties!

LOW IN CALORIES!

Sesame avocado & salmon sushi balls

(See recipe p50)

LOW kJ | LOW FAT | LOW SODIUM

PER BALL

180kJ/43cal	Sugars 0.3g
Protein 1.4g	Fibre 0.4g
Total fat 1g	Sodium 117mg
Sat fat 0.2g	Calcium 1.7mg
Carbs 6.8g	Iron 0.1mg

Ginger chicken meatballs with honey-soy drizzle

(See recipe p50)

COOK'S TIP

For extra 'wow factor', sprinkle these meatballs with a combination of black & white toasted sesame seeds.

LOW kJ LOW FAT LOW SODIUM

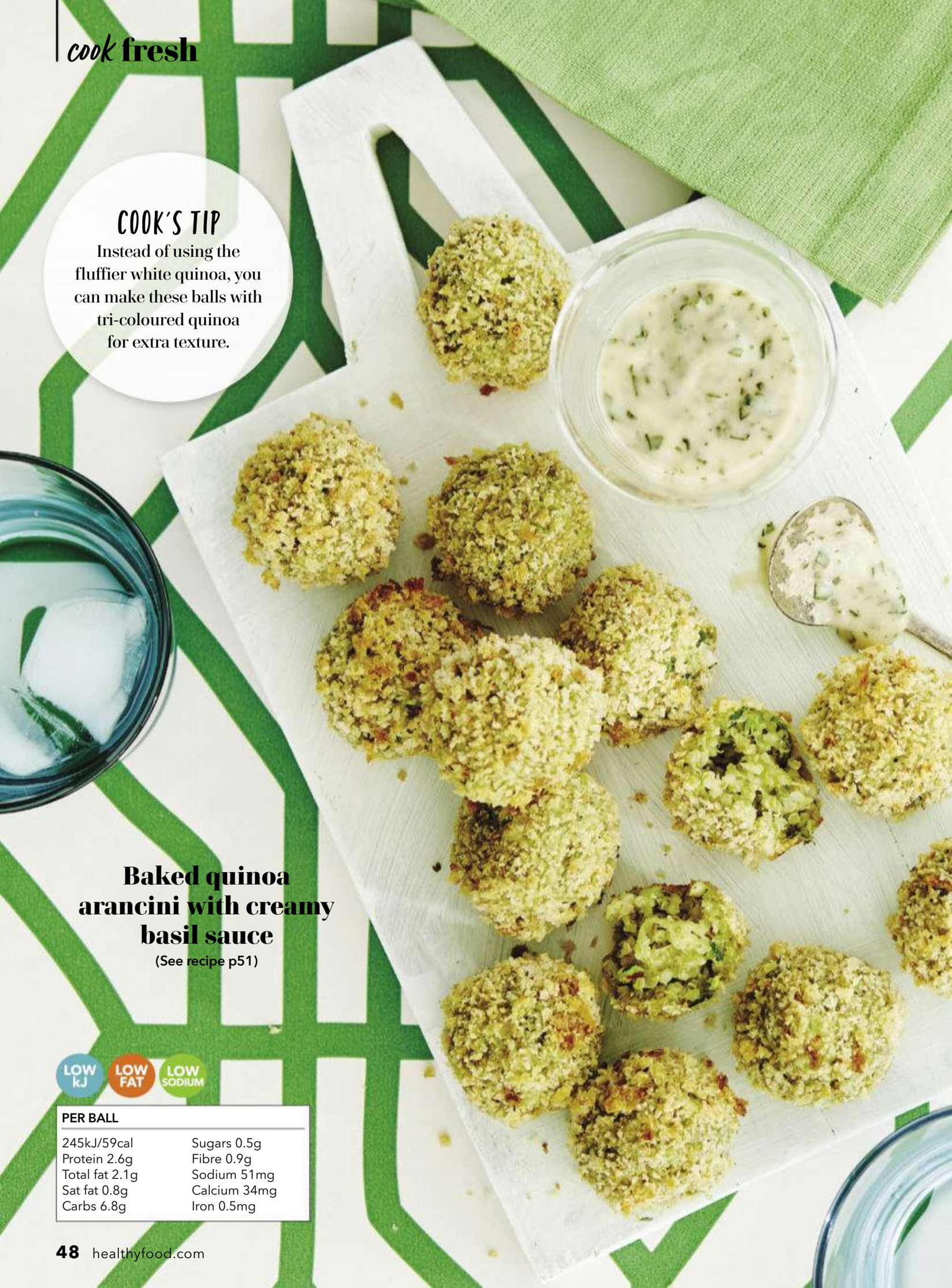
PER BALL

219kJ/52cal	Sugars 2.1g
Protein 4.6g	Fibre 0.3g
Total fat 1.4g	Sodium 108mg
Sat fat 0.4g	Calcium 6.6mg
Carbs 5.2g	Iron 0.3mg

Recipes: Liz Macri. Photography: John Paul Urizar. Styling: Michaela Le Compte. Food Prep: Vikki Moursellas.

COOK'S TIP

Instead of using the fluffier white quinoa, you can make these balls with tri-coloured quinoa for extra texture.



Baked quinoa arancini with creamy basil sauce

(See recipe p51)

LOW kJ LOW FAT LOW SODIUM

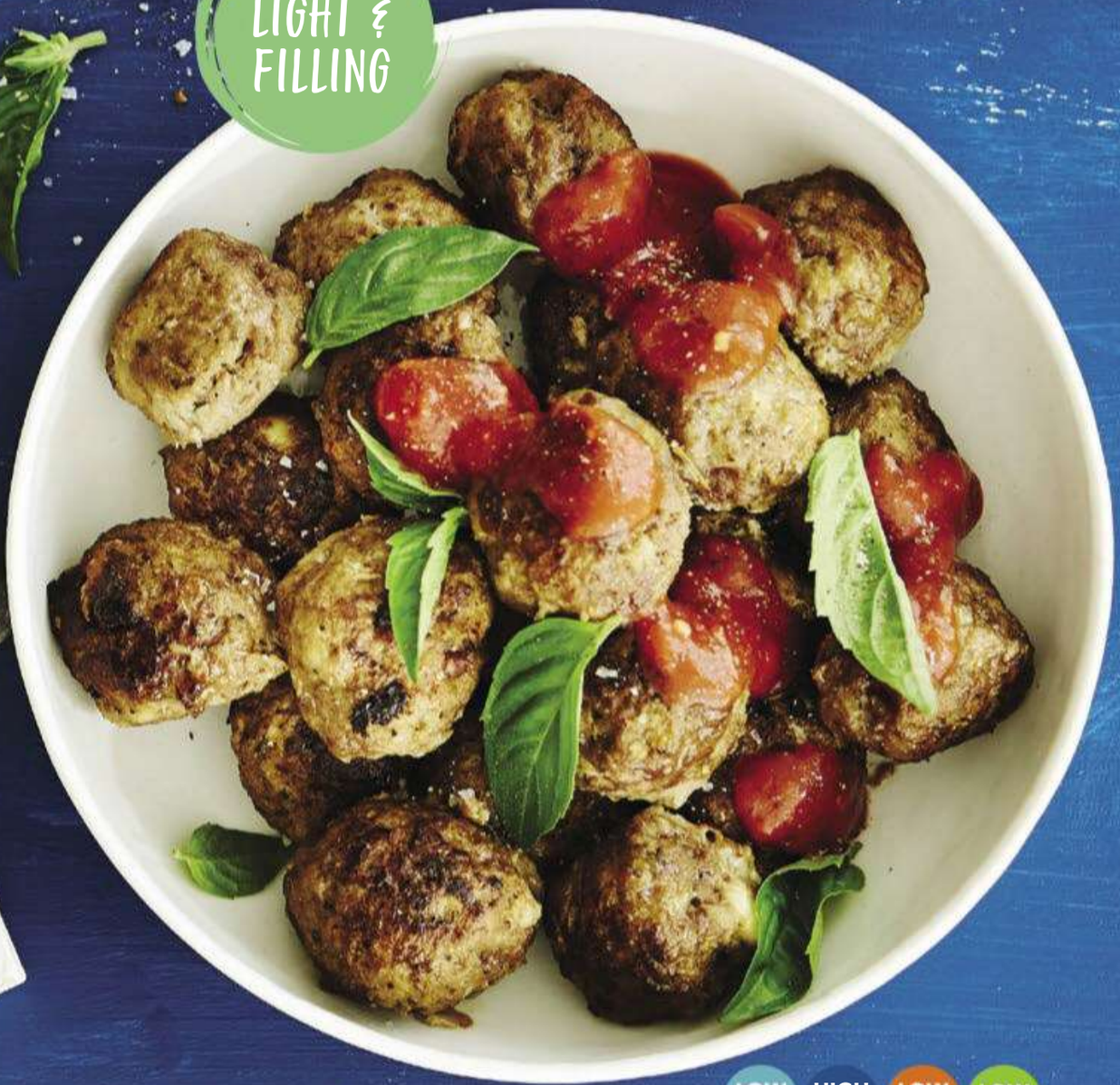
PER BALL

245kJ/59cal	Sugars 0.5g
Protein 2.6g	Fibre 0.9g
Total fat 2.1g	Sodium 51mg
Sat fat 0.8g	Calcium 34mg
Carbs 6.8g	Iron 0.5mg

Beef, feta & pesto meatballs

(See recipe p51)

LIGHT & FILLING



LOW kJ | HIGH PROTEIN | LOW FAT | LOW SODIUM

PER BALL

231kJ/55cal	Sugars 0.8g
Protein 6.1g	Fibre 0.4g
Total fat 2.5g	Sodium 99mg
Sat fat 0.8g	Calcium 31mg
Carbs 1.8g	Iron 0.6mg

SESAME AVOCADO & SALMON SUSHI BALLS (p46)

Makes **25** Prep time **45 mins**
Cook time **15 mins** plus **15 mins standing** Cost per ball **$0.20**
✓gluten free ✓dairy free ✓nut free ✓egg free

1 cup sushi rice
1 small Thai red chilli, thinly sliced
1 teaspoon finely grated fresh ginger
¼ cup gluten-free, reduced-salt tamari
2 tablespoons rice wine vinegar
1 teaspoon caster sugar
1 tablespoon sesame seeds, toasted
½ avocado, very thinly sliced crossways, halved lengthways
2 slices smoked salmon, each cut into 6cm pieces
⅓ sheet toasted nori, cut into 5mm strips (to make 12 strips)

1 Place rice in a sieve and rinse under cold running water until water runs clear. Drain well.
2 Meanwhile, place chilli, ginger and tamari in a small dish. Set aside to allow flavours to infuse.
3 Transfer rice to a saucepan. Add 1½ cups cold water and bring to the boil over high heat. Reduce heat to low and simmer, covered, for 15 minutes or until water is absorbed. Remove pan from heat and allow to stand, covered, for 10 minutes.
4 Transfer rice to a large glass or ceramic bowl. Using a spatula, break up any lumps. Gently fold vinegar and sugar through rice, lifting and turning until rice has cooled. Stir in sesame seeds. Cover bowl with a damp tea towel and stand for 5 minutes.
5 Using damp hands, roll level tablespoons of rice into balls and place on a serving platter. Top half the rice balls with avocado slices and remaining half with salmon pieces and a strip of nori down the centre. Serve sushi balls with chilli ginger dipping sauce on the side.

GINGER CHICKEN MEATBALLS WITH HONEY-SOY DRIZZLE (p47)

Makes **25** Prep time **20 mins**
Cook time **20 mins**
Cost per ball **$0.35**
✓dairy free ✓nut free ✓egg free

500g chicken mince
3 garlic cloves, crushed
1 tablespoon finely grated fresh ginger
⅔ cup panko breadcrumbs
2½ tablespoons reduced-salt soy sauce
3 spring onions, thinly sliced
2 teaspoons cornflour
3 teaspoons rice wine vinegar
2 tablespoons honey
1 teaspoon sesame seeds, toasted, to serve

1 Preheat oven to 200°C. Line a baking tray with baking paper.
2 Place mince, two thirds of the garlic, ginger, breadcrumbs, 2 teaspoons soy sauce and two thirds of the spring onions in a large bowl, mixing to combine. Season with freshly ground black pepper. Roll level tablespoons of mixture into balls and place on prepared tray. Bake for 15–20 minutes or until cooked through.
3 Meanwhile, place cornflour and 1 tablespoon water in a small saucepan over medium heat. Add remaining soy sauce, remaining garlic, rice wine vinegar and honey, whisking to combine. Cook, whisking occasionally, for 3 minutes or until mixture boils and thickens.
4 Transfer cooked meatballs to a serving platter. Pour over honey-soy drizzle, tossing to coat. Serve chicken meatballs sprinkled with sesame seeds and remaining spring onions.

We've taken the stress out of entertaining with delicious finger foods that **cater to a range of special diets!**

BAKED QUINOA ARANCINI WITH CREAMY BASIL SAUCE (p48)

Makes **40** Prep time **20 mins**
Cook time **35 mins** plus **10 mins standing** and **30 mins chilling**
Cost per ball **$0.35**
✓vegetarian ✓nut free

1 cup white quinoa
½ cup quinoa flakes
2 garlic cloves, crushed
30g baby spinach leaves
¼ teaspoon dried chilli flakes
⅓ cup finely grated parmesan
1 medium zucchini, coarsely grated, finely chopped
3 spring onions, thinly sliced
4 cups fresh wholemeal breadcrumbs
75g mozzarella, cut into forty 1cm cubes
½ cup plain flour
2 eggs
2 tablespoons reduced-fat milk

Creamy basil sauce
1 tablespoon olive oil
1 tablespoon plain flour
¾ cup reduced-salt vegetable stock
2 tablespoons light thickened cream
2 tablespoons finely chopped fresh basil

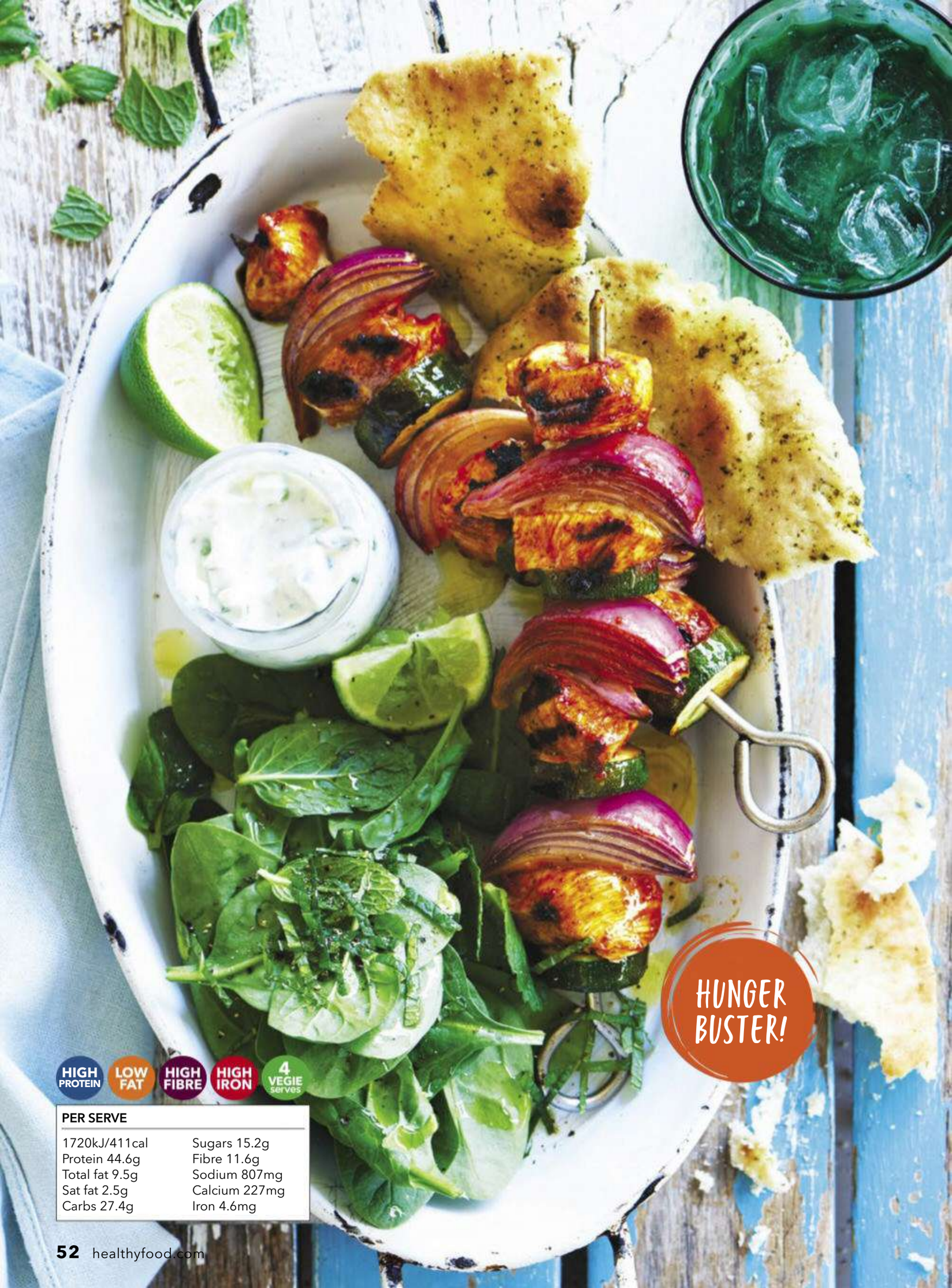
1 Heat a saucepan over medium heat. Add quinoa, quinoa flakes and garlic and cook, stirring, for 2 minutes or until lightly toasted. Add 2 cups water and bring to the boil. Reduce heat to medium-low and cook, covered, for 10–12 minutes or until water is absorbed and quinoa almost tender. Remove pan from heat and allow to stand, covered, for 5 minutes. Remove lid and stand for a further 5 minutes. Transfer quinoa to a large mixing bowl.
2 Meanwhile, place spinach, chilli flakes, parmesan and 1 tablespoon water in a food processor and process until finely chopped. Line a baking tray with baking paper.
3 Transfer spinach mixture to quinoa mixture. Add zucchini, spring onions and 1 cup breadcrumbs, mixing well to combine. Season with freshly ground black pepper. Using damp hands, shape level tablespoons of mixture into balls. Insert a mozzarella cube inside each ball, making sure to completely seal cube with quinoa mixture. Transfer balls to prepared tray and refrigerate for 30 minutes.
4 Preheat oven to 200°C. Place flour in a shallow bowl. Whisk eggs and milk together in another shallow bowl. Place remaining breadcrumbs in a rimmed baking sheet. Dip one ball into flour, then egg mixture and then breadcrumbs, pressing breadcrumbs to secure. Return ball to prepared tray. Continue to coat remaining balls. Spray balls with oil, then bake for 20 minutes or until golden and warmed through.
5 Meanwhile, to make creamy basil sauce, heat oil in a small saucepan over medium-high heat. Add flour and cook, stirring, for 1 minute or until bubbling. Gradually stir in stock and cream. Bring to the boil and cook, stirring, for 3 minutes or until mixture thickens slightly. Remove pan from heat. Stir in chopped basil. Season with freshly ground black pepper. Serve balls with basil sauce.

BEEF, FETA & PESTO MEATBALLS (p49)

Makes **25** Prep time **15 mins**
Cook time **10 mins**
Cost per ball **$0.70**

2 slices wholemeal bread, crusts removed, torn
¼ cup reduced-fat milk
1 small brown onion, grated
500g extra-lean beef mince
1 egg, lightly beaten
70g reduced-fat feta
1½ tablespoons basil pesto
2 teaspoons olive oil
Fresh basil leaves, to serve
½ cup tomato basil pasta sauce, warmed, to serve

1 Place bread in a large bowl. Add milk. Stand for 5 minutes. Add onion, mince, egg, feta and pesto, mixing well to combine. Roll level tablespoons of mixture into balls and transfer to a plate.
2 Heat oil in a large frying pan over medium-high heat. Add meatballs and cook, turning, for 7–8 minutes or until browned and cooked through. Transfer meatballs to a serving plattter. Garnish with basil and serve with warmed tomato sauce. hfg



HIGH PROTEIN | LOW FAT | HIGH FIBRE | HIGH IRON | 4 VEGIE serves

PER SERVE

1720kJ/411cal	Sugars 15.2g
Protein 44.6g	Fibre 11.6g
Total fat 9.5g	Sodium 807mg
Sat fat 2.5g	Calcium 227mg
Carbs 27.4g	Iron 4.6mg

5pm panic!

BEST-EVER BBQ SPECIAL

Fire up the barbie with *HFG*'s all-time favourite midweek grilled dinners that are ready to eat in 30 minutes or less.

30 mins

MONDAY

Tandoori chicken skewers

Serves **4** Cost per serve **$5.40**

¼ cup tandoori curry paste
2 tablespoons lime juice
1 teaspoon grated fresh ginger
600g chicken breast fillets, cut into 3cm pieces
3 small red onions, cut into wedges
4 zucchini, cut into 1cm-thick slices
2 naan breads, halved
75g baby spinach leaves
200g reduced-fat tzatziki, to serve
Fresh mint leaves, finely chopped, to serve
Lime wedges, to serve

1 Place curry paste, lime juice and ginger in a shallow ceramic dish, mixing to combine. Add chicken, tossing to coat.
2 Thread chicken, onion and zucchini onto eight long metal or pre-soaked wooden skewers.
3 Lightly spray a barbecue hotplate or chargrill pan with olive oil and heat over medium-high heat. Add skewers and barbecue, turning regularly, for 10–12 minutes or until chicken is just cooked. Transfer to a plate. Barbecue naan for 1–2 minutes each side or until warmed.
4 Place skewers, naan bread and spinach onto plates. Serve with tzatziki, mint and lime wedges.

you'll need...

TANDOORI CURRY PASTE

CHICKEN BREAST FILLETS

RED ONIONS

ZUCCHINI

NAAN BREADS

plus
+ lime juice & lime wedges
+ fresh ginger & mint
+ baby spinach
+ reduced-fat tzatziki

Recipes: Chrissy Freer, Liz Macri, Darlene Allston & Annette Forrest. Photography: Mark O'Meara

you'll need...

SWEET POTATOES

PINEAPPLE

CHICKEN BREAST FILLETS

CAJUN SEASONING

WHOLEGRAIN ROLLS

plus
+ mixed baby lettuce
+ Lebanese cucumber
+ fresh mint

TUESDAY

Tropical chicken burgers

Serves **4** Cost per serve **$3.20**
✓dairy free ✓diabetes friendly

600g sweet potatoes, cut into wedges
¼ small pineapple, peeled, cored, thinly sliced
2 x 250g chicken breast fillets
1 tablespoon Cajun seasoning
4 small wholegrain rolls, split
80g mixed baby lettuce leaves
1 Lebanese cucumber, peeled into ribbons
¼ cup loosely packed fresh mint leaves

30 mins

1 Preheat oven to 200°C. Line a large baking tray with baking paper. Place potato wedges on prepared tray. Lightly spray with olive oil. Bake for 30 minutes or until golden and tender.
2 Meanwhile, spray a barbecue hotplate or chargrill pan with oil and heat over high heat. Cook pineapple for 2 minutes each side or until lightly charred and warmed. Transfer to a plate.
3 Cut chicken horizontally into 2 thin fillets. Lightly spray with olive oil, then sprinkle over Cajun seasoning. Cook on hotplate or pan for 2–3 minutes each side or until cooked through. Set aside.
4 Preheat grill. Toast rolls under grill until just golden.
5 Place roll bases on 4 serving plates. Top each with lettuce, cucumber, mint, chicken and pineapple. Sandwich with roll tops, then serve burgers with sweet potato wedges.

LOW kJ · HIGH PROTEIN · LOW FAT · HIGH FIBRE · LOW SODIUM · 2 VEGIE serves

PER SERVE	
1529kJ/366cal	Sugars 12.2g
Protein 34.9g	Fibre 7g
Total fat 7g	Sodium 462mg
Sat fat 1.4g	Calcium 137mg
Carbs 36.9g	Iron 3.1mg

COOK'S TIP

If you prefer, you can use canned pineapple slices instead of fresh. Make sure you drain the slices well before cooking on the barbecue.

Jazz up burgers with **tangy, caramelised pineapple** *& low-GI sweet potato wedges*

BEST-EVER BBQ SPECIAL

you'll need...

LEMONGRASS

LEAN RUMP STEAK

SWEET POTATO 'SPAGHETTI'

RED CAPSICUM

FRESH MINT

plus
+ fresh ginger & mint
+ sesame oil & chilli paste
+ red cabbage & snow peas
+ fish sauce & lime juice
+ caster sugar

30 mins

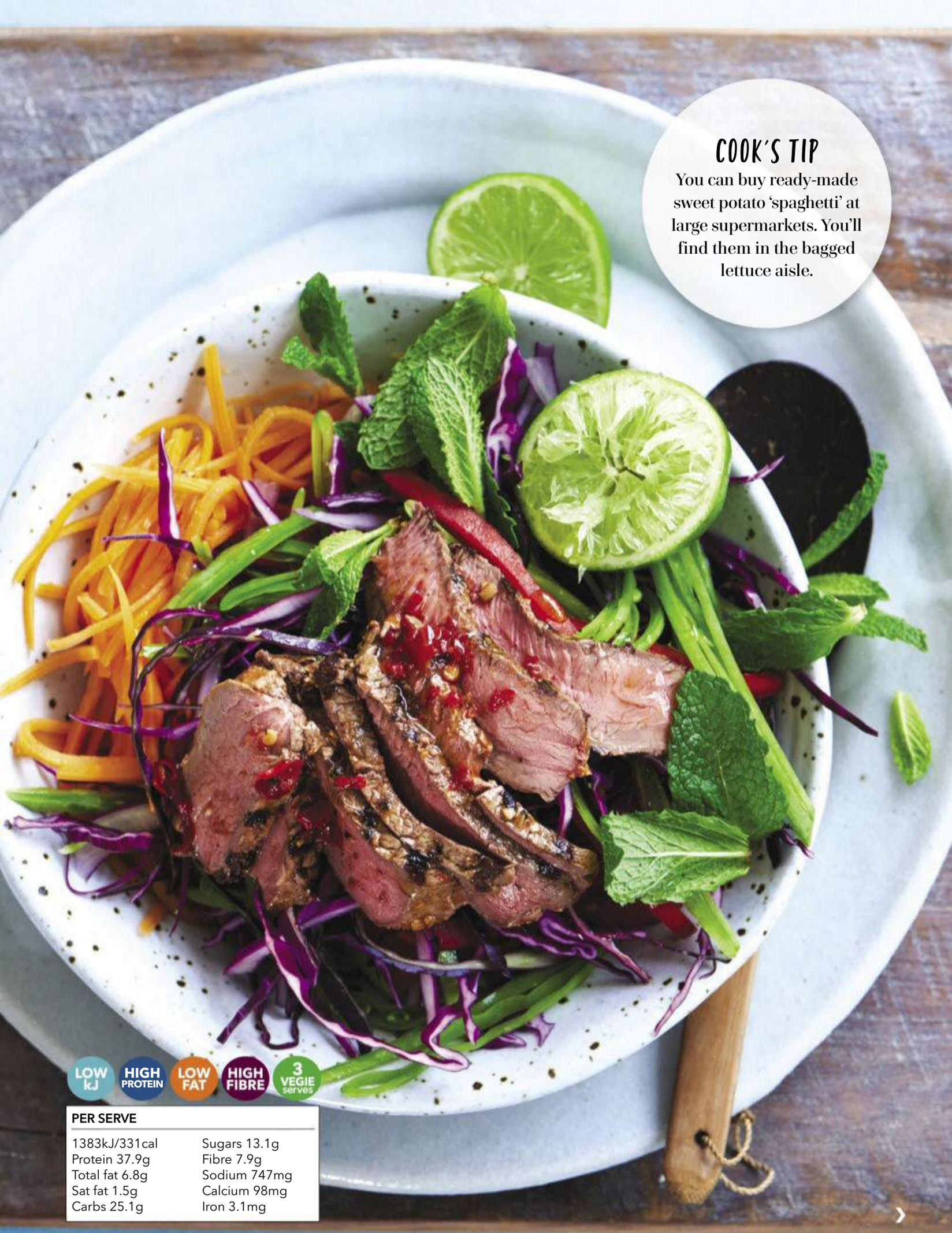
WEDNESDAY

Vietnamese barbecued beef, sweet potato & mint salad

Serves **4** Cost per serve **$7.15**
✓gluten free ✓dairy free

1 **lemongrass** stalk, white part only, finely chopped
2 teaspoons grated **fresh ginger**
2 teaspoons **sesame oil**
3 teaspoons **chilli paste**
500g **lean rump steak**, fat trimmed
500g **sweet potatoes, spiralised into spaghetti** (see Cook's tip)
¼ small **red cabbage**, shredded
150g **snow peas**, thinly sliced
1 **red capsicum**, thinly sliced
1 cup loosely packed **fresh mint leaves**, plus extra to serve
1 tablespoon **fish sauce**
1 tablespoon **lime juice**
1 teaspoon **caster sugar**

1 Place lemongrass, ginger, sesame oil and 2 teaspoons chilli paste in a shallow dish, mixing to combine. Add beef, turning to coat. Cover and allow to marinate.
2 Meanwhile, cook sweet potato spaghetti according to packet instructions. Drain. Allow to cool.
3 Preheat barbecue hotplate or chargrill pan over medium-high heat. Lightly spray beef with olive oil. Add to hotplate or pan and cook for 2–3 minutes each side or until cooked to your liking. Transfer to a plate. Loosely cover with foil. Allow to rest for 5 minutes before thinly slicing.
4 Place cabbage, snow peas, capsicum, mint and sweet potato spaghetti in a large salad bowl, tossing to combine. Place fish sauce, lime juice, sugar and remaining chilli paste in a small bowl, stirring well to dissolve sugar. Pour dressing over salad, gently tossing to combine.
5 Top salad with beef slices and serve garnished with extra mint.



COOK'S TIP

You can buy ready-made sweet potato 'spaghetti' at large supermarkets. You'll find them in the bagged lettuce aisle.

LOW kJ · HIGH PROTEIN · LOW FAT · HIGH FIBRE · 3 VEGIE serves

PER SERVE

1383kJ/331cal	Sugars 13.1g
Protein 37.9g	Fibre 7.9g
Total fat 6.8g	Sodium 747mg
Sat fat 1.5g	Calcium 98mg
Carbs 25.1g	Iron 3.1mg

BEST-EVER BBQ SPECIAL

HIGH PROTEIN | HIGH FIBRE | LOW SODIUM | 2 VEGIE serves

PER SERVE

1983kJ/474cal	Sugars 7.7g
Protein 30g	Fibre 8.5g
Total fat 28.2g	Sodium 94mg
Sat fat 6.1g	Calcium 195mg
Carbs 21.2g	Iron 3.8mg

15 mins

THURSDAY

Barbecued salmon & kaleslaw with honey & lime dressing

Serves **4** Cost per serve **$5.70**

✓gluten free ✓dairy free ✓diabetes friendly

you'll need...

SALMON FILLETS

KALESLAW

NO-ADDED-SALT CHICKPEAS

FRESH CORIANDER

LIME

plus
+ ground coriander & cumin
+ honey

- **4 x 100g boneless, skinless salmon fillets**
- **2 teaspoons lime juice**, plus lime wedges to serve
- **¼ teaspoon ground coriander**
- **¼ teaspoon ground cumin**
- **1 x 400g packet kaleslaw**, dressing discarded
- **1 x 400g can no-added-salt chickpeas**, rinsed, drained
- **¼ cup loosely packed fresh coriander leaves**, plus extra to serve

Lime & honey dressing

- **Zest and juice of 2 limes**
- **2 teaspoons honey**
- **¼ teaspoon ground cumin**

1 Season salmon with lime juice, coriander and cumin. Set aside for 5 minutes.

2 Place kaleslaw, chickpeas and coriander leaves in a salad bowl. To make lime & honey dressing place all ingredients in a small bowl, whisking to combine. Pour dressing over salad, tossing to combine. Cover and refrigerate.

3 Meanwhile, heat a barbecue hot plate or chargrill pan over high heat. Spray salmon with olive oil and cook for 2 minutes on one side. Reduce heat to medium, turn fish over and cook for a further 2–3 minutes or until cooked to your liking.

4 Divide kaleslaw among four serving plates, then top with barbecued salmon. Garnish with fresh coriander leaves and serve with lime wedges on the side.

COOK'S TIP

Instead of chickpeas, try making this salad with canned lentils, borlotti or cannelini beans – whatever you have stocked in the pantry!

BEST-EVER BBQ SPECIAL

you'll need...

SWEET POTATO

RED CAPSICUM

ZUCCHINI

NO-ADDED-SALT CHICKPEAS

BABY SPINACH

plus
+ lemon juice
+ ground cumin
+ reduced-fat feta

25 mins

FRIDAY

Chickpea, roasted capsicum & sweet potato salad

Serves **4** Cost per serve **$2.80**

✓gluten free ✓vegetarian ✓diabetes friendly

- 1 large **sweet potato**, cut into small cubes
- 2 **red capsicums**, thinly sliced
- 2 **zucchini**, cut into 2cm-thick rounds
- 2 tablespoons **lemon juice**
- 1 teaspoon **ground cumin**
- 2 x 400g cans **no-added-salt chickpeas**, rinsed, drained
- 100g **baby spinach leaves**
- 50g **reduced-fat feta**, crumbled, to serve

This colourful salad is **filling & flavoursome,** *& also provides a mighty six serves of veg!*

1 Heat a barbecue hotplate or chargrill pan over high heat. Add sweet potato, capsicum and zucchini and barbecue for 10–15 minutes or until lightly charred and cooked through. Close barbecue lid to cook sweet potato faster.

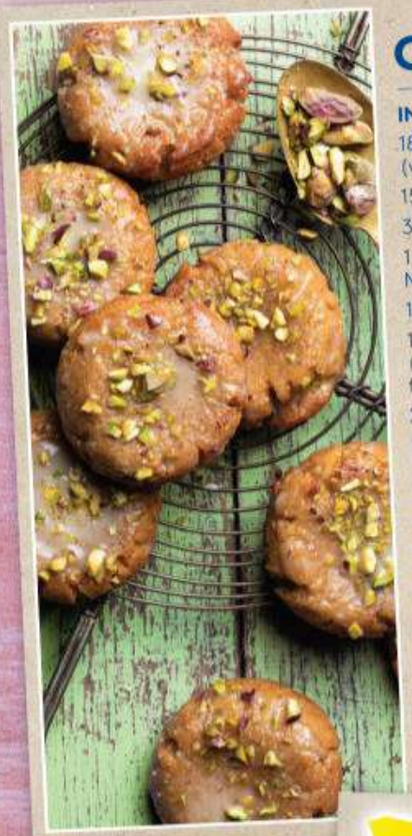
2 Meanwhile, place lemon juice, cumin and 1 tablespoon olive oil in a large salad bowl, whisking to combine. Add chickpeas, stirring. Set aside to allow chickpeas to absorb dressing.

3 Add barbecued veg and baby spinach to chickpeas, gently tossing to combine. Divide salad among four serving plates and serve scattered with feta. hfg

LOW kJ · HIGH PROTEIN · HIGH FIBRE · LOW SODIUM · HIGH IRON · 6 VEGIE serves

PER SERVE	
1653kJ/395cal	Sugars 15.1g
Protein 20.5g	Fibre 13.6g
Total fat 11g	Sodium 200mg
Sat fat 3.6g	Calcium 197mg
Carbs 46.1g	Iron 5.8mg

Quick, Easy & Deliciously Tasty



Orange & Pistachio Cookies

INGREDIENTS

180ml neutral flavoured oil (we used grapeseed oil)

150g brown sugar

3 eggs at room temperature

1 x 150g packet Corn Thins® Multigrain

120g almond meal

100g wholemeal spelt flour (substitute wholemeal GF flour)

2 tsp baking powder

1 tsp vanilla bean paste

Lightly grated zest from 2 oranges (reserve zested oranges for juice)

Pinch sea salt

Finely chopped pistachios, to decorate

CITRUS GLAZE

20g butter, melted

100g freshly squeezed orange juice

200g icing sugar mixture

DIRECTIONS

Preheat a fan forced oven to 160°C. Line 2 large baking trays with baking paper.

Combine oil and brown sugar in the bowl of a stand mixer (or use a handheld mixer) and mix on medium speed for 5 mins. With the mixer running add eggs, one at a time, until incorporated.

Blitz the Corn Thins® slices in a food processor or blender until a fine crumb. Add to the sugar mixture with almond meal, wholemeal flour, baking powder, vanilla paste, orange zest and a pinch of salt. Juice one of the reserved oranges and add the juice then beat until just combined.

Scoop the dough into 30 equal portions (we use a cookie scoop to do this), roll into balls and space out over the prepared baking trays. Press the tops of the cookies down with the back of a spoon to flatten then bake for 22 mins, swapping the trays around after 11 mins, then remove from the oven and allow to cool completely on the trays.

To make the glaze, whisk together all ingredients until smooth. Drizzle over the cookies then sprinkle with finely chopped pistachios to decorate.

healthyfood MAGAZINE AWARDS READERS' CHOICE 2021

healthyfood MAGAZINE AWARDS WINNER 2021

Have you tried our ANCIENT GRAINS?

Halva, Fig & Rose Petals

INGREDIENTS

Layer the fig onto each ANCIENT GRAINS slice, then crumble some halva over the fig. Finally add some rose petals. Such a pretty dish.

DIRECTIONS

3 ANCIENT GRAINS slices

1 - 2 ripe figs (sliced)

Halva

Rose petals

Most people know that **CORN THINS®** products have the delicious taste of POPCORN, but did you know that **Whole Grain Thins™ ANCIENT GRAINS** has a moreish grainy/nutty taste which is perfect to blend with your favourite topping – sweet or savoury. Like **CORN THINS®** products **ANCIENT GRAINS** is also made primarily with whole grains, is gluten free & non GMO, so a great option for everyone in the family.

ANCIENT GRAINS can be found in most Woolworths stores, while CORN THINS® products are found in the biscuit aisle of most supermarkets.

www.cornthins.com

Get stuffed!

These pita pockets are packed with healthy salads and delicious flavour combos.

Recipes: Liz Macri. Photography: Jeremy Simons. Styling: Berni Smithies. Food prep: Vikki Moursellas.

Tikka cauliflower with mint yoghurt

Serves **4** Prep time **10 mins**
Cook time **25 mins** Cost per serve **$4.55**
✓diabetes friendly ✓vegetarian

Roasted cauliflower pairs perfectly with **tangy red onion pickle** *& zesty yoghurt dressing*

1 tablespoon olive oil
2 tablespoons tikka paste
450g cauliflower, cut into 1cm slices
⅓ cup rice wine vinegar
1 small red onion, thinly sliced
100g reduced-fat plain yoghurt
1½ tablespoons lemon juice
¼ cup finely chopped fresh mint
60g baby spinach leaves
250g mixed baby tomatoes, sliced
4 baby cucumbers, cut into thin wedges (or 1 **Lebanese cucumber,** peeled into ribbons)
4 wholemeal pita pockets, halved

1 Preheat oven to 200°C. Line a baking tray with baking paper. Place oil and tikka paste in a large bowl, mixing to combine. Add cauliflower, tossing to coat (slices may break apart). Transfer to prepared tray and arrange in a single layer. Bake for 25 minutes or until tender.
2 Meanwhile, place vinegar and 2 tablespoons water in a small bowl. Add onion, gently stirring to separate layers. Set aside to pickle for 5 minutes. Drain.
3 Combine yoghurt, lemon juice and mint in a small bowl.
4 Divide spinach, cauliflower, tomato, cucumber and pickled onion among pita pockets. Serve drizzled with mint sauce.

LOW kJ · LOW FAT · HIGH FIBRE · 3 VEGIE serves

FULL OF FIBRE!

PER SERVE	
1297kJ/310cal	Sugars 8.1g
Protein 13.9g	Fibre 8.9g
Total fat 7.8g	Sodium 538mg
Sat fat 1.1g	Calcium 150mg
Carbs 41.6g	Iron 3.9mg

COOK'S TIP

Buy green goddess dressing at major supermarkets. To make your own, combine mayo or Greek yoghurt with finely chopped fresh herbs.

Honey oregano chicken & greens

Serves **4** Prep time **15 mins** Cook time **10 mins** Cost per serve **$5.25**

✓diabetes friendly

- 600g **chicken breast fillet,** halved lengthways, thinly sliced
- 1½ tablespoons **honey**
- 2 teaspoons **dried oregano**
- 2 tablespoons **lemon juice**
- 1 tablespoon **olive oil**
- 1 large **baby cos lettuce,** shredded
- 3 **spring onions,** thinly sliced
- 150g **snow peas,** thinly sliced
- 1 small **zucchini,** very thinly sliced
- 1 large **green capsicum,** thinly sliced
- ¼ cup **green goddess dressing** (see Cook's tip)
- 4 **wholemeal pita pockets,** halved
- **Lemon wedges,** to serve

1 Place chicken, honey, oregano and lemon juice in a large bowl, stirring well to coat slices. Heat oil in a large frying pan over high heat. Add chicken and cook for 5 minutes or until browned and cooked through.

2 Meanwhile, place lettuce, spring onion, peas, zucchini, capsicum and green goddess dressing in a large salad bowl, tossing well to combine.

3 Add chicken to salad, tossing to combine. Divide chicken salad among pita pockets and serve with lemon wedges on the side.

HIGH PROTEIN · LOW FAT · HIGH FIBRE · LOW SODIUM · 3 VEGIE serves

PER SERVE	
2011kJ/481cal	Sugars 18.2g
Protein 44.9g	Fibre 7.8g
Total fat 8.7g	Sodium 355mg
Sat fat 1.7g	Calcium 85mg
Carbs 51.4g	Iron 3.8mg

Seared beef with beet & pepita salad

Serves **4** Prep time **15 mins** Cook time **10 mins** Cost per serve **$6.70**
✓diabetes friendly

600g beef rump steak
1 tablespoon fresh thyme
1½ tablespoons olive oil
1 large carrot, coarsely grated
250g peeled and cooked beetroots, cut into matchsticks
2 tablespoons chopped fresh dill
60g baby rocket
¼ cup pepitas, toasted
1½ tablespoons lemon juice
100g reduced-fat plain yoghurt
2 teaspoons horseradish cream or Dijon mustard
4 wholemeal pita pockets, halved

1 Rub beef with thyme and 1 teaspoon freshly ground black pepper. Heat 1 tablespoon oil in a frying pan over high heat. Add beef and cook for 3–4 minutes each side or until browned and cooked to your liking. Transfer to a plate, cover loosely with foil and rest for 5 minutes. Trim fat from beef before thinly slicing.
2 Meanwhile, place carrot, beetroot, dill, rocket, pepitas, lemon juice and remaining oil in a salad bowl, tossing to combine.
3 Place yoghurt, horseradish and 1 tablespoon water in a small bowl, mixing well to combine.
4 Add beef slices to salad, tossing to combine. Divide beef salad among pita pockets, then serve drizzled with yoghurt and horseradish sauce.

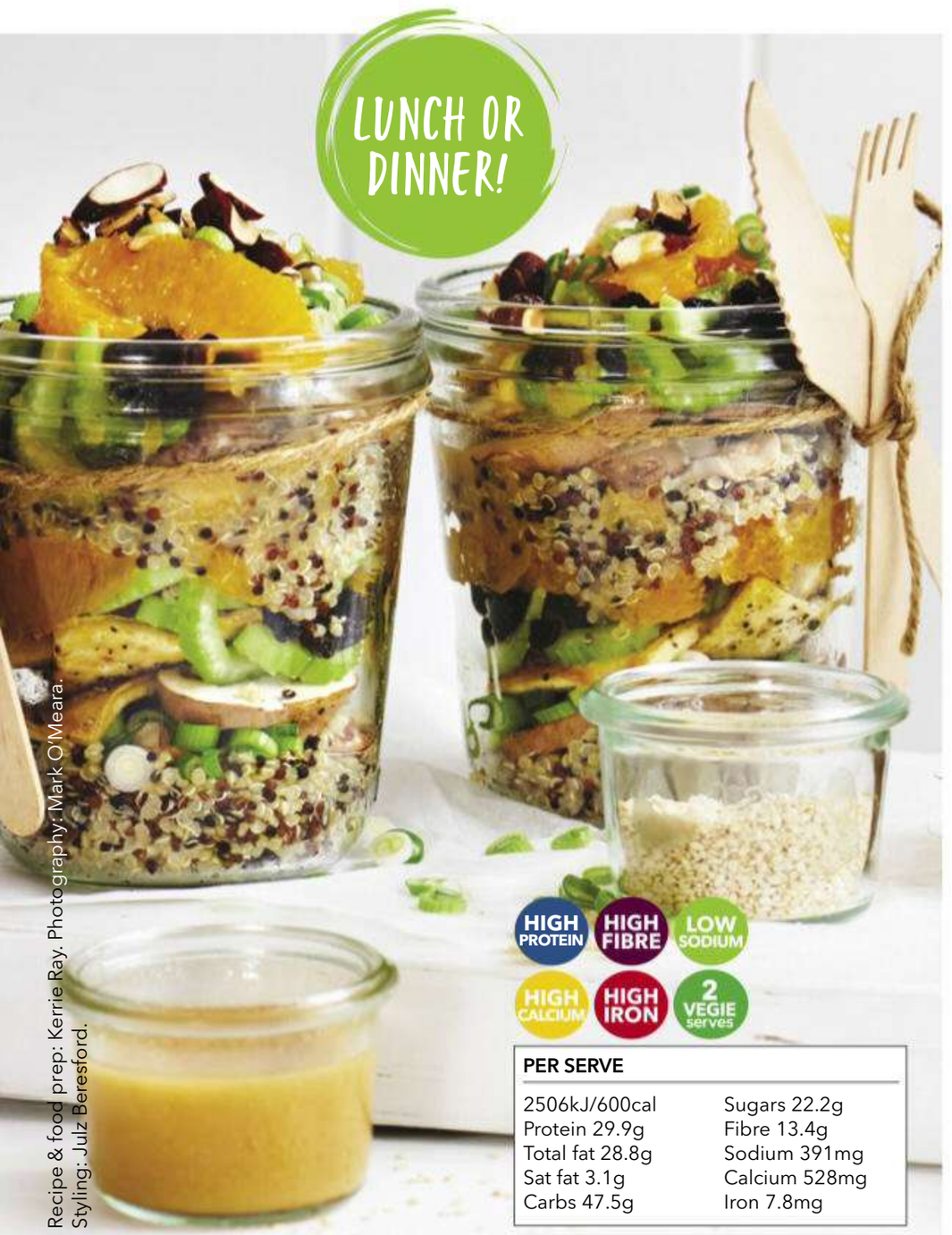
RICH IN IRON!

HIGH PROTEIN · HIGH FIBRE · HIGH IRON · 2 VEGIE serves

PER SERVE	
2264kJ/542cal	Sugars 11.5g
Protein 43.2g	Fibre 9.2g
Total fat 19.8g	Sodium 538mg
Sat fat 4.7g	Calcium 171mg
Carbs 42.3g	Iron 10.1mg

Meal for two

Take advantage of the warmer weather and whip up portable salads perfect for alfresco dining.



Recipe & food prep: Kerrie Ray. Photography: Mark O'Meara. Styling: Julz Beresford.

PER SERVE	
2506kJ/600cal	Sugars 22.2g
Protein 29.9g	Fibre 13.4g
Total fat 28.8g	Sodium 391mg
Sat fat 3.1g	Calcium 528mg
Carbs 47.5g	Iron 7.8mg

Tri-coloured quinoa salad jars

Serves **2** Prep time **15 mins** plus **overnight chilling** Cook time **10 mins** Cost per serve **$4.90**
✓gluten free ✓dairy free ✓vegetarian ✓diabetes friendly

½ cup tri-coloured quinoa
250g firm tofu, sliced
4 Swiss brown mushrooms, thinly sliced
2 spring onions, thinly sliced
¼ cup currants
2 oranges, segmented, juice reserved
1 celery stalk, thinly sliced
⅓ cup tamari almonds, chopped
2 teaspoons sesame oil
2 teaspoons miso paste
2 teaspoons mirin
1 small garlic clove, crushed
Toasted sesame seeds, to serve

1 Cook quinoa in a small saucepan according to packet instructions. Remove pan from heat and allow to cool.
2 Meanwhile, lightly spray a large non-stick frying pan with olive oil and heat over medium heat. Season tofu with freshly ground black pepper, then add to pan and cook for 2–3 minutes each side or until golden. Cool.
3 Layer quinoa, mushroom, spring onion, tofu, currants, orange, celery and almonds into two glass jars with screw-top lids. Cover and refrigerate overnight.
4 Place sesame oil, miso, mirin, garlic and reserved orange juice in a screw-top jar. Shake well to combine. Pour over salad and serve sprinkled with seeds. hfg

Fennel, apple & cos slaw with seeded mustard dressing

(See recipe overleaf)

Carrot slaw with turmeric dressing
(See recipe overleaf)

COOK'S TIP

If you don't have a food processor, you can use a mandoline or box grater to finely slice & shred raw vegetables.

Best dressed

Make way cabbage! There's all sorts of colourful veg you can shred and dress into refreshingly zesty coleslaw.

Recipes: Chrissy Freer. Photography: John Paul Urizar.
Styling: Michaela Le Compte. Food Prep: Vikki Moursellas.

COOK'S TIP

To make carrot 'spaghetti' without a spiraliser, use a vegetable peeler to peel carrots into ribbons, then thinly slice.

Crunchy Asian noodle salad

CRUNCHY ASIAN NOODLE SALAD

Serves **6 (as a side)**
Prep time **20 mins**
Cost per serve **$1.95**
✓dairy free ✓vegetarian

2 tablespoons lime juice
1½ tablespoon reduced-salt soy sauce
2 teaspoons sesame oil
2 teaspoons brown sugar
2 large carrots, spiralised into 'spaghetti'
¼ small white cabbage, shredded
200g snow peas, thinly sliced
1 medium red capsicum, thinly sliced
4 spring onions, thinly sliced
1 cup loosely packed fresh herbs (mint and coriander)
1 x 100g packet fried noodles

1 Place lime juice, soy sauce, sesame oil and sugar in a small bowl, stirring until sugar dissolves.
2 Place carrot, cabbage, snow peas, capsicum, spring onions, fresh herbs and noodles in a large bowl, mixing to combine. Pour over dressing, tossing to combine. Serve immediately.

HIGH PROTEIN | HIGH FIBRE | 2 VEGIE serves

PER SERVE	
734kJ/176cal	Sugars 9.6g
Protein 5.3g	Fibre 6.6g
Total fat 6.3g	Sodium 389mg
Sat fat 1.3g	Calcium 79mg
Carbs 20.7g	Iron 2.4mg

FENNEL, APPLE & COS SLAW WITH SEEDED MUSTARD DRESSING (p68)

Serves **6 (as a side)**
Prep time **20 mins**
Cost per serve **$1.85**
✓gluten free ✓vegetarian

80g (⅓ cup) reduced-fat plain yoghurt
2 tablespoons lemon juice
2 teaspoons wholegrain mustard
½ teaspoon maple syrup
1 large fennel bulb, thinly sliced
1 red apple, cut into matchsticks
2 baby cos lettuce, leaves shredded
½ cup loosely packed chopped fresh herbs (such as dill and parsley)
¼ cup pecan nuts, roughly chopped

1 Place yoghurt, lemon juice, mustard and maple syrup in a small bowl, whisking to combine.
2 Place fennel, apple, lettuce, fresh herbs and chopped nuts in a large serving bowl. Pour over dressing, tossing to combine. Serve immediately.

LOW kJ | LOW SODIUM | 1 VEGIE serve

PER SERVE	
333kJ/80cal	Sugars 6.6g
Protein 2.9g	Fibre 2.8g
Total fat 3.7g	Sodium 71mg
Sat fat 0.2g	Calcium 46mg
Carbs 7.2g	Iron 0.8mg

CARROT SLAW WITH TURMERIC DRESSING (p69)

Serves **6 (as a side)**
Prep time **15 mins**
Cost per serve **$1.85**
✓gluten free ✓dairy free
✓vegetarian ✓diabetes friendly

½ teaspoon ground turmeric
1 teaspoon ground cumin
2 teaspoons honey
1 tablespoon extra-virgin olive oil
2 tablespoons lemon juice
1 x 300g packet shredded carrot
¼ small red cabbage, finely shredded
1 small red onion, thinly sliced
½ cup loosely packed chopped fresh mint leaves
2 tablespoons chopped raisins
2 tablespoons toasted pine nuts

1 Place turmeric, cumin, honey, oil and lemon juice in a small bowl, mixing to combine. Season with salt and freshly ground black pepper.
2 Place carrot, cabbage, onion, mint, raisins and pine nuts in a large salad bowl. Pour over dressing, tossing to combine. Serve immediately. hfg

LOW kJ | HIGH FIBRE | LOW SODIUM | 1 VEGIE serve

PER SERVE	
500kJ/120cal	Sugars 10.3g
Protein 2.1g	Fibre 3.8g
Total fat 6.6g	Sodium 33mg
Sat fat 0.7g	Calcium 43mg
Carbs 11.1g	Iron 1.2mg

SWEET & SIMPLE!

▼ BERRY MELON FRUIT SALAD

Place ¼ **seedless watermelon**, diced or balled, and 125g punnet each **blueberries**, **blackberries** and **strawberries**, quartered, in a large serving bowl. Pour over juice of 1 **lime**, tossing to combine. Serve garnished with **fresh mint**.

Berry melon

Tropical summer

▲ TROPICAL SUMMER FRUIT SALAD

Place 2 large ripe **peaches**, sliced, 2 large ripe **yellow** or **white nectarines**, sliced, 1 large ripe **mango**, diced, and pulp of two **passionfruit** in a serving bowl, gently tossing to combine. Serve.

Recipes: Brooke Delfino. Photography: John Paul Urizar. Styling: Michaela Le Compte. Food Prep: Vikki Moursellas.

Fruit stars

These delicious flavour combinations elevate seasonal fruit to heavenly new heights.

GREEN & GOLD FRUIT SALAD

Place ½ **honeydew melon**, diced or balled, 1 small **pineapple**, cut into small pieces and 3 **kiwifruit**, diced, into a large salad bowl, tossing to combine. Serve garnished with **fresh mint leaves.** hfg

COOK'S TIP

Simply slice, dice & toss together – it's as easy as that! Each fruit salad serves six as a light dessert or snack.

HFG KIDS IN THE KITCHEN

Stay chill!

Keep the kids cool and busy over the summer making sweet and refreshing mango popsicles.

Mango fro-yo pops

Makes **6** Prep time **15 mins** plus **4 hrs freezing**
Cost per serve **$1.20**
✓gluten free ✓dairy free ✓vegan

250g natural coconut yoghurt
2 teaspoons natural vanilla extract
200g chopped fresh mango

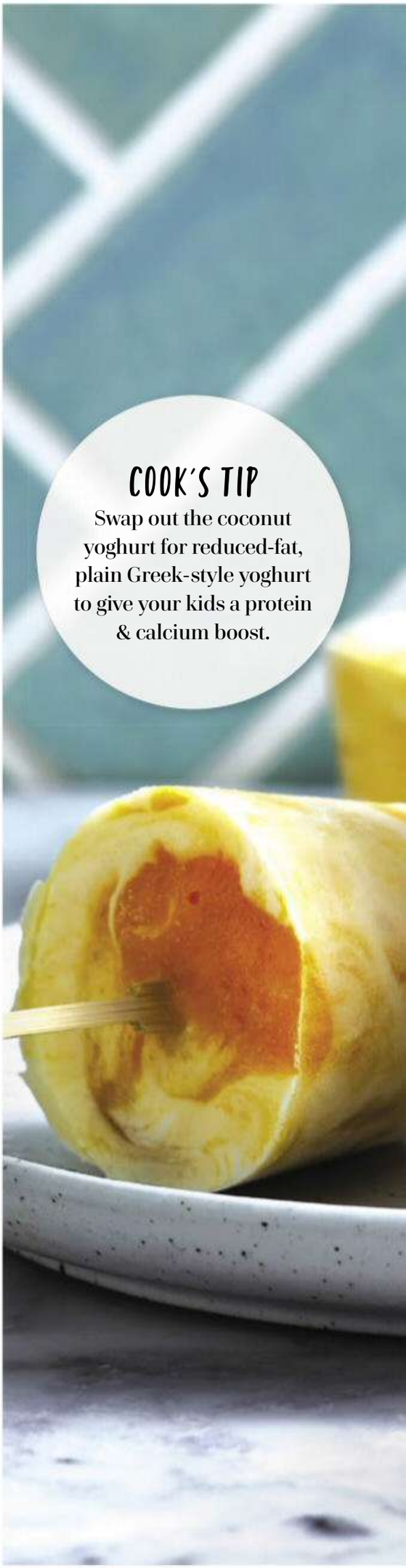
1 Place yoghurt and vanilla in a large bowl. Whisk until smooth.
2 Place mango in a small food processor and process until smooth. Fold into yoghurt mixture to form a ripple effect.
3 Spoon mixture into six ¾-cup (180ml) ice pop moulds. Tap firmly to release any air bubbles. Insert sticks, then freeze for 4 hours or until firm and set.
4 Release from moulds and serve immediately. hfg

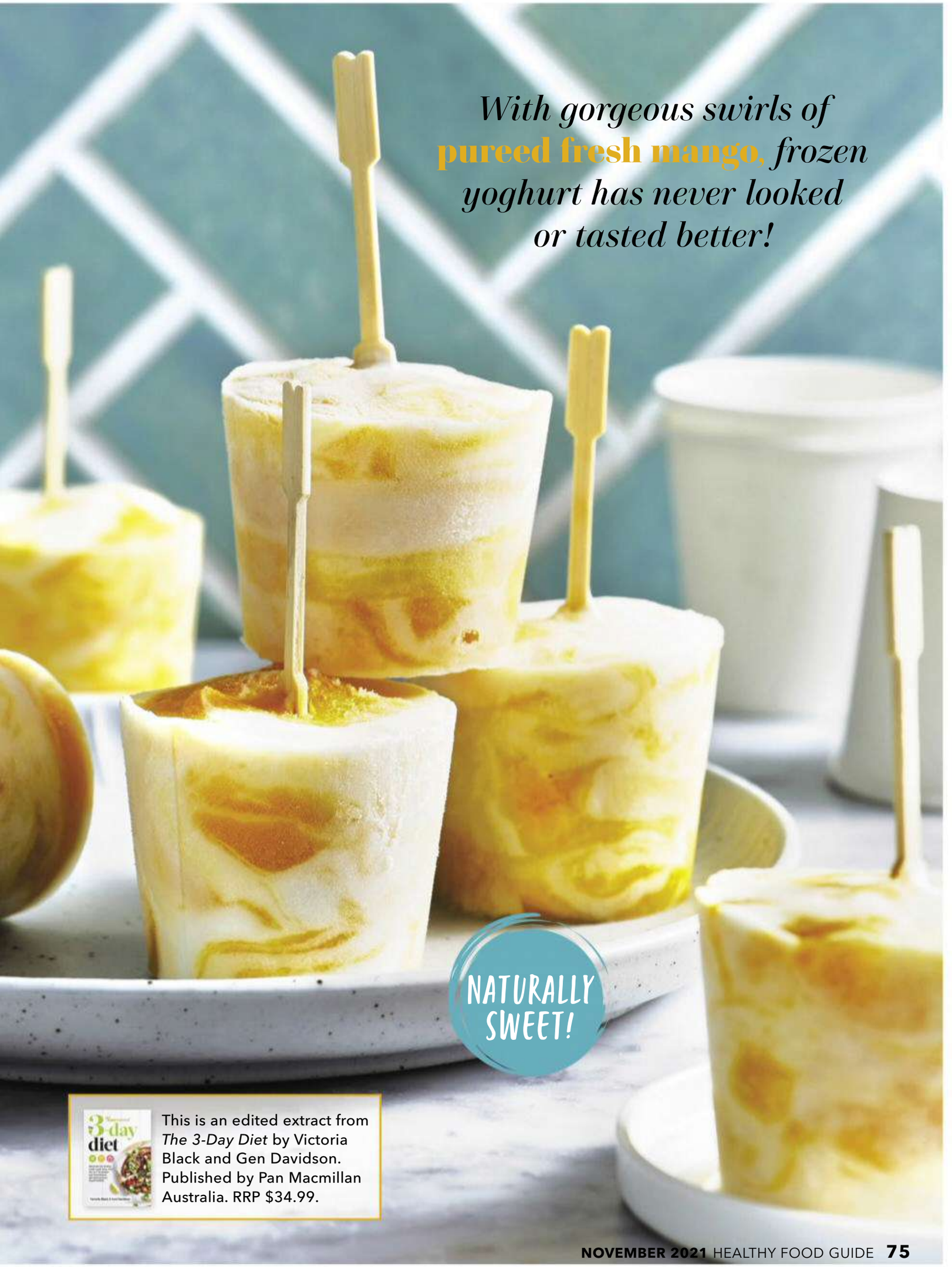
LOW kJ LOW SODIUM

PER POP	
371kJ/89cal	Sugars 4.5g
Protein 0.8g	Fibre 0.4g
Total fat 6.9g	Sodium 2mg
Sat fat 4.5g	Calcium 4mg
Carbs 6.6g	Iron 0.3mg

COOK'S TIP

Swap out the coconut yoghurt for reduced-fat, plain Greek-style yoghurt to give your kids a protein & calcium boost.





This is an edited extract from *The 3-Day Diet* by Victoria Black and Gen Davidson. Published by Pan Macmillan Australia. RRP $34.99.

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2021 HFG Awards | guide to healthier chips | 10 of the best salad dressings

Oh sugar!

You might think you don't consume a lot of sugar, since you don't have a sweet tooth. But this may be far from the truth due to the sneaky amounts in everyday supermarket buys.

A recent study revealed Australians are inadvertently consuming between nine and 11 teaspoons of added sugar a day because of what they put in their shopping trolley. Breakfast cereals, bottled sauces, pasta sauces and yoghurts can all be laden with hidden sugars, which quickly add up.

To get your intake down, check out the nutritious *and* delicious, winning supermarket products in this year's Healthy Food Guide Awards on p80. hfg

Source: *J Acad Nutr Diet*. 2021. Photography: iStock.

shopping news

HFG DIETITIAN APPROVED

Our dietitian scours the shelves to find the tastiest, healthy foods in-store now.

Cherry on top!

Ruby red cherries have a short season in Australia, so here are five great reasons to make the most of them this summer:

IMMUNE SUPPORT

Just one cup contains around two thirds of your daily vitamin C needs to support a strong and healthy immune system.

ANTIOXIDANT POWERHOUSE

Cherries are jam-packed with anthocyanins. These disease-fighting antioxidants have anti-bacterial properties and are linked to good heart health.

HEART HEALTH

Cherries contain vitamin E, which is important for the heart. One cup provides around seven per cent of your daily needs.

SLEEP SAVIOUR

Cherries are one of only a handful of foods that contain melatonin, a compound that supports good sleep.

PERFECTLY PORTIONED

Low in kilojoules, cherries make a good snack if you are trying to whittle your waistline. One cup contains a mere 370kJ (89cal).

Photography: iStock, Mark O'Meara & Vanessa Levis.

3 ways with CHERRIES

SPICED CHERRY SMOOTHIE BOWL

CHERRY RIPE BLISS BALLS

CHERRY, CHIA & OAT CRUMBLE

For these recipes, visit **healthyfood.com**

Shelf Watch

Brekkie boost

Coles Wellness Road Fruit & Nut Toasted Muesli is made from fibre-rich BARLEYmax® and rolled oats, and just one serve has almost one fifth of your daily fibre needs.
Per 50g serve: 992kJ (237cal), 7.8g protein, 1.4g sat fat, 21.1g carbs, 6g sugar, 5.1g fibre

Gut-loving slice

Prebiotics feed good gut bacteria, and **Bürgen Prebiotic Whole Grains & Quinoa** is full of them! It also provides a huge 10g of plant-based protein in two slices.
Per 88g serve (2 slices): 968kJ (232cal), 10g protein, 0.6g sat fat, 33.8g carbs, 8.6g fibre, 326mg sodium

Meat-free magic

Birds Eye Plant Based Chicken Style Strips are an easy, nutritious, plant-based protein alternative.
Per 100g serve: 502kJ (120cal), 18.6g protein, 0.4g sat fat, 0.7g carbs, 7.4g fibre, 547mg sodium

Healthy hack

Great for baking, **Vetta SMART Protein Flour** has more protein and fibre than regular flour.
Per 100g serve: 1420kJ (340cal), 21.8g protein, 0.4g sat fat, 52.7g carbs, 9.7g fibre

Fishy find

Instead of tinned tuna or salmon, try **Woolworths Smoked Sprats In Oil**. They're rich in top-notch protein and heart-healthy fats.
Per 84g serve: 617kJ (148cal), 17.6g protein, 1.7g sat fat, <1g carbs, 403mg sodium hfg

AUSTRALIAN healthy food GUIDE MAGAZINE

AWARDS

2021

The annual Healthy Food Guide Awards are bigger than ever! This year, we reveal the best healthy food products across 20 categories.

Gone are the days when there were just two choices for items such as milk and bread. Stroll through a supermarket today and you'll see thousands of products in colourful packaging covered with all sorts of ticks and health claims. But what do they really mean? And how do you choose a product that's healthy *and* tasty?

Help is at hand! Our dietitians and judges analysed more than 600 products, selected finalists, taste tested (the best part!) and picked a winner for each category based on:

Nutrition profile – the products had to meet *HFG's* strict nutritional criteria.

Value for money – not the cheapest, but the best nutritional value for your buck.

Taste – the products looked appealing and tasted delicious, and were not just healthy.

Innovation – the products make it easier for you and your family to enjoy healthy meals.

MEET THE JUDGES

Brooke Delfino
Healthy Food Guide magazine editor and accredited practising dietitian.

Dr Joanna McMillan
Dietitian/nutritionist and creator of the healthy lifestyle website *Dr Joanna*.

Susie Burrell
Resident dietitian/nutritionist on Channel 7's *SUNRISE* and 2GB radio.

Jaime Rose Chambers
Dietitian/nutritionist, author and regular media nutrition commentator.

SPOT THE LOGO!

Look out for these award badges in supermarkets. Winners and finalists in the 2021 Healthy Food Guide Awards have the option of including the logo on their product packaging, so you can spot them easily.

2021 WINNER
This year's winners were selected, based on nutritional profile, by our judging panel of accredited practising dietitians.

2021 READERS' CHOICE
Once again, we've given you the opportunity to vote for your favourite supermarket products!

2021 FINALIST
Every finalist meets our nutritional criteria, so you can trust that the products we reviewed are healthy.

✳ HFG AWARDS 2021 ✳ HFG AWARDS 2021 ✳ HFG AWARDS 2021 ✳ HFG AWARDS 2021 ✳ HFG AWARDS 2021

And the WINNERS are...

Best PACKAGED SNACK BAR

WINNER! *and* READERS' CHOICE

Carman's Almond, Hazelnut & Vanilla Roasted Nut Bars

Best PACKAGED SWEET SNACK

WINNER!

Goulburn Valley Orchard Splash Pears in Raspberry Infused Water & Juice

READERS' CHOICE

Nutty Bruce Dark Cherry Chocolate Nut Butter Balls

✳ HFG AWARDS 2021 ✳ HFG AWARDS 2021 ✳ HFG AWARDS 2021 ✳ HFG AWARDS 2021 ✳ HFG AWARDS 2021 ✳

Best PANTRY STAPLE

WINNER! and READERS' CHOICE

Cobram Estate Garlic & Onion Infused Extra Virgin Olive Oil

Best VEGETARIAN FOOD

WINNER!

Macro Firm Tofu

READERS' CHOICE

Coles Nature's Kitchen Sweet Potato & Black Bean Burgers

"This year I was impressed by the number of **back-to-basics wholefood products** *– perfect for busy families"*

Dr Joanna McMillan

Best BREAD

WINNER!

Bakers Delight Cape Seed Loaf

READERS' CHOICE

Helga's Lower Carb Wholemeal & Seed

Best MILK/MILK ALTERNATIVE

WINNER!

The Complete Dairy High Protein Light Milk

READERS' CHOICE

Pauls PhysiCAL High Calcium Skim Milk

Best YOGHURT

WINNER!
and
READERS' CHOICE

Farmers Union Protein Greek Style Yoghurt

Best BREAKFAST CEREAL

WINNER!
and
READERS' CHOICE

Carman's Raspberry & Coconut Low Sugar Granola

Best PACKAGED SAVOURY SNACK

WINNER!

Olina's Bakehouse Seeded Snackers Balsamic Vinegar & Caramelised Onion

READERS' CHOICE

Cobs Natural Popcorn Sea Salt

Best KIDS' LUNCHBOX SNACK

WINNER!

Tamar Valley Dairy Kids Strawberry All Natural Greek Yoghurt

READERS' CHOICE

Carman's Brownie With Choc Aussie Oat Bars

Best SANDWICH ALTERNATIVE

WINNER!

Bakers Delight Hi Protein Wholegrain Rolls

READERS' CHOICE

Better for You Simson's Pantry Lite Low Carb Super Grains

✳ HFG AWARDS 2021 ✳ HFG AWARDS 2021 ✳ HFG AWARDS 2021 ✳ HFG AWARDS 2021 ✳ HFG AWARDS 2021 ✳

Best SPREAD/DIP

WINNER!

SSS Foods Hommus

READERS' CHOICE

Mayver's Hazelnut Cashew & Cacao Butter

Best READY-MADE MEAL

WINNER!

Coles PerFORM Lean Lemon Pepper Chicken

READERS' CHOICE

Edgell Nourish Bowl Spiced Lentil

Best FREEZER STAPLE

WINNER!

Birds Eye Steamfresh Carrot, Broccoli & Corn Mix

READERS' CHOICE

McCain Pub Style Straight Cut Sweet Potato Chips

Best ALLEGRO-FRIENDLY SNACK

WINNER!

Macro Lentil Bites Pumped Up Pumpkin

READERS' CHOICE

Table of Plenty Rice Thins White Chocolate & Strawberry

Best FROZEN DESSERT

WINNER!

Twisted Healthy Treats Minis Frozen Yoghurt

READERS' CHOICE

Weis Mango & Ice Cream Mini Bars

Best BAKING STAPLE

WINNER!

Vetta SMART Protein Plain Flour

READERS' CHOICE

McKenzie's Australian Almond Flour

Best BEVERAGE

WINNER!

MOJO Activated Kombucha Passionfruit

READERS' CHOICE

Mount Franklin Lightly Sparkling Lime

"These Awards keep Aussie shoppers **educated & informed,** *making healthy eating a whole lot easier"*

Susie Burrell

Best ALLERGY-FRIENDLY PANTRY STAPLE

WINNER! *and* **READERS' CHOICE**

Real Foods Corn Thins Multigrain

Best CANNED STAPLE

WINNER! *and* **READERS' CHOICE**

SPC Salt Reduced Baked Beans hfg

Don't forget!

Scan the QR code to see the full list of finalists.

YOUR GUIDE TO

chips

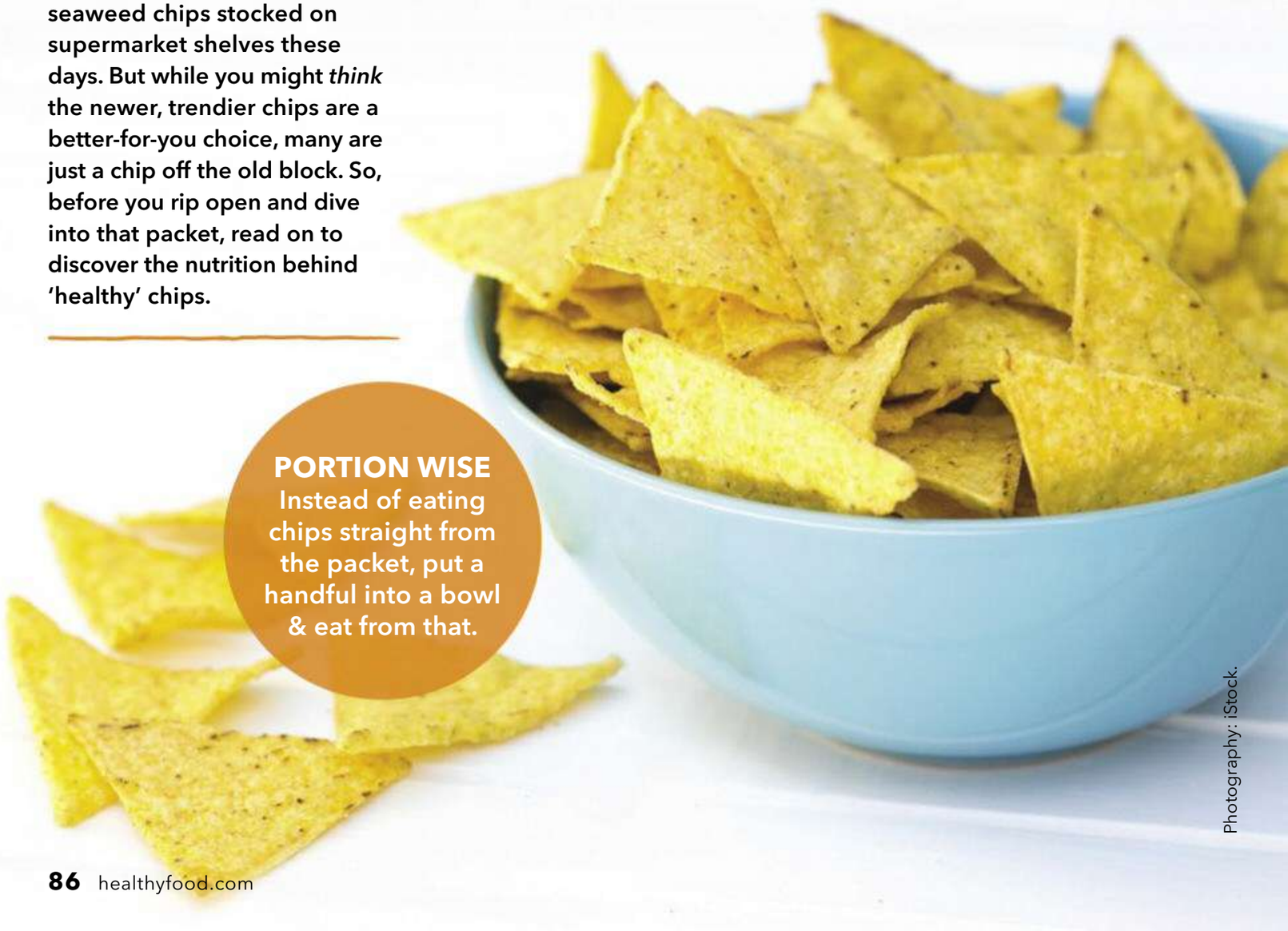
Craving chips? There are now plenty of 'healthier' options to choose from. *HFG* crunches through the best buys.

No longer potato-based, you'll find everything from pea and lentil to seaweed chips stocked on supermarket shelves these days. But while you might *think* the newer, trendier chips are a better-for-you choice, many are just a chip off the old block. So, before you rip open and dive into that packet, read on to discover the nutrition behind 'healthy' chips.

What makes for a healthier chip?

Saturated fat and sodium (salt) are the two key considerations when it comes to choosing chips. In excess, these nutrients can be detrimental to heart health, so aim to keep your intake to a minimum. Their amount varies hugely among brands, so look for chips that have less than 600mg sodium per 100g, and less than 5g saturated fat per 100g. The lower, the better!

It's also important to scan the ingredients list. You want a short ingredients list comprising only of vegetables, oil and salt. That's it! Long lists with additives and flavours are best avoided. Many new-wave chips are made from highly refined flours and powders, but these aren't the healthiest choice since they're far from real food.



PORTION WISE
Instead of eating chips straight from the packet, put a handful into a bowl & eat from that.

Photography: iStock.

What's on the shelf?

➜ POTATO CHIPS
are made from – you guessed it – potatoes, salt and oil. Sometimes they have flavourings. Interestingly, sweet potato chips tend to contain more salt than regular potato chips.

➜ CORN CHIPS
are made from corn, oil, salt and flavourings. Corn chips can offer a decent dose of fibre, particularly if they have trendy additions such as hemp seeds.

➜ VEGIE CHIPS
are usually made from refined vegetable flours like cassava, lentil and/or chickpea. While they sound healthier, they usually aren't. In fact, they can contain sky-high levels of sodium.

➜ POPPED & PUFFED CHIPS
are also made from heavily processed ingredients like potato starch, pea powder and corn flour. While they can be just as salty as regular chips, some varieties provide less total fat, but are still just as moreish!

➜ GRAIN CHIPS
are made from wheat, oats and rice, and are a welcome addition to the chip family. Look for ones made with whole grains for a bigger boost of hunger-busting fibre.

Shop like a *dietitian*

Pick a healthier bag of chips by checking the nutritional label on the back of the packet for:

➜Less than 600mg sodium per 100g

➜Less than 5g sat fat per 100g

DIY chips

For a truly healthier chip, have a go at making your own at home. Thinly slice vegetables, such as sweet potato, beetroot or parsnip, then place in a single layer on a baking tray. Drizzle with olive oil and season with a tiny pinch of salt or chilli powder. Bake in a hot oven until crisp and voila! You've got crunchy, healthy chips in your hands.

HFG RECOMMENDS

Macro Organic Original Corn Chips
Per 100g: 2160kJ (516cal), 7g protein, 23.4g fat, 2.2g sat fat, 65.8g carbs, <1g sugar, 6.6g fibre, 195mg sodium

Wholesome Food Company Veggie Crisps
Per 100g: 2020kJ (483cal), 3.8g protein, 26.5g fat, 2.2g sat fat, 57.1g carbs, 5g fibre, 300mg sodium

SunRice Brown Rice Chips Wild Rice
Per 100g: 1900kJ (455cal), 6.9g protein, 24.8g fat, 2.8g sat fat, 55.6g carbs, 3.7g fibre, 370mg sodium

Tyrell's Slow-Cooked Crisps Lightly Sea Salted
Per 100g: 2030kJ (483cal), 6.2g protein, 26.2g fat, 2.3g sat fat, 56.4g carbs, 4.3g fibre, 244mg sodium hfg

HFG DIETITIAN APPROVED

10 OF THE BEST

SALAD DRESSINGS

Lettuce celebrate! You *can* make friends with salad with these delicious, dietitian-approved drizzles.

DID YOU KNOW?
Some vitamins & antioxidants in salad vegies are absorbed better when served with an oil-based dressing.

HFG TIP! *Choose a dressing with* less than 100mg sodium *per 100ml*

LIGHT & ZESTY

1 Red Kellys Tasmania Lemon Myrtle
Per 20ml: 304kJ (73cal), 0.5g sat fat, 2.5g sugar, 16mg sodium

2 Beerenberg Mango Lime & Chilli Dressing
Per 20ml: 159kJ (38cal), 0.3g sat fat, 3.7g sugar, 80mg sodium

DIY DRESSINGS

3 Combine 1 tbs **Farmers Union Greek Style Protein Yoghurt**, 1 tsp Dijon mustard, a handful of chopped parsley and a squeeze of fresh lemon juice.
Per serve: 101kJ (24cal), 0g sat fat, 2.2g carbs, 134mg sodium

4 Whisk 1 tbs **Cobram Estate Ginger & Lemongrass Meal Starters** with a squeeze of fresh lemon juice.
Per serve: 523kJ (125cal), 2.1g sat fat, 0.1g sugar, <1mg sodium

5 Blend 1 tbs **Grove Avocado Oil** with ¼ avocado, a handful of finely chopped coriander and a squeeze of fresh lime juice.
Per serve: 948kJ (227cal), 3.4g sat fat, 0.5g sugar, 7mg sodium

CREAMY COMBOS

CLASSIC FLAVOURS

TOP PICK!

6 Birch & Waite Greek Style Yoghurt, Feta & Dill Dressing
Per 20ml: 163kJ (39cal), 0.7g sat fat, 0.4g sugar, 117mg sodium

7 Red Kellys Tasmania Basil & Garlic Gluten Free Dressing
Per 20ml: 250kJ (60cal), 0.4g sat fat, 2.4g sugar, 16mg sodium

8 Beerenberg Honey Mustard Dressing
Per 20ml: 179kJ (43cal), 0.2g sat fat, 3.6g sugar, 60mg sodium

9 Praise Deli Style Balsamic & Roasted Garlic Olive Oil Vinaigrette
Per 20ml: 180kJ (43cal), <1g sat fat, 3.1g sugar, 2mg sodium

10 Paul Newman's Own Classic Vinaigrette Salad Dressing
Per 20ml: 322kJ (77cal), 0.9g sat fat, 0.6g sugar, 70mg sodium hfg

Photography: iStock.

Your SPRING

Each day's meal plan gives you...

- **About 8700kJ** (about 2000cal) for weight maintenance
- **More than 100g protein** to keep you satisfied
- **40g gut-loving fibre** for a happy digestive system
- **Less than 1700mg sodium** to support heart health
- **2 to 3 tasty snacks** you can eat on the go or at home

For more about your individual nutrition needs, turn to p95.

MONDAY

Breakfast

- **Tropical smoothie** made with 1 cup milk, ½ cup rolled oats, 2 tbs yoghurt, 1 banana, ½ mango & 1 tbs chia seeds (2500kJ/600cal)

Lunch

- **Cheese & tomato toastie** made with 2 slices wholegrain bread, ½ avocado, 1 sliced tomato & 40g cheddar (2100kJ/500cal)

Dinner

- **Barbecued salmon & kaleslaw with honey & lime dressing (p59)**
- **Green & gold fruit salad (p73)** (2500kJ/600cal)

Snacks

- 1 regular latte
- 4 wholegrain crispbreads with 1 tbs hoummos
- 2 hard-boiled eggs (1700kJ/410cal)

Daily total 8800kJ (2110cal)

TUESDAY

Breakfast

- **Muesli & fruit** made with ½ cup natural muesli, 1 x 170g tub plain yoghurt, 2 passionfruit & 30g macadamias
- 1 regular latte (3200kJ/770cal)

Lunch

- **Carrot slaw with turmeric dressing (p71)** with 1 x 95g can tuna (drained), 1 grainy bread roll & ½ avocado (2300kJ/550cal)

Dinner

- 5 x **Beef, feta & pesto meatballs (p51)** with 1 cup cooked wholemeal pasta & 2 cups salad greens & drizzle olive oil (2400kJ/570cal)

Snacks

- **Tropical summer fruit salad (p72)**
- 1 cup raw vegies & 1 tbs hoummos (700kJ/170cal)

Daily total 8600kJ (2060cal)

WEDNESDAY

Breakfast

- **Ricotta & tomato toast** made with 2 slices wholegrain bread, ½ cup ricotta, 1 sliced tomato & drizzle of balsamic glaze
- 1 regular latte (2600kJ/620cal)

Lunch

- Leftover **Carrot slaw with turmeric dressing (p71)** with 1 x 95g can tuna (drained), 1 grainy bread roll & ½ avocado
- 10 cherries (2500kJ/600cal)

Dinner

- **Lamb & quinoa stuffed capsicum with feta (p37)**
- 3 squares 70% cocoa dark chocolate (2300kJ/550cal)

Snacks

- **Green & gold fruit salad (p73)** with 1 x 170g tub plain yoghurt
- 10 almonds (1300kJ/310cal)

Daily total 8700kJ (2080cal)

meal plan

A fresh & colourful spring menu for all-day energy!

THURSDAY

Breakfast
- **Tropical smoothie** (see Monday)

(2500kJ/600cal)

Lunch
- Leftover **Lamb & quinoa stuffed capsicum with feta (p37)**
- 1 cup raw vegies & 1 tbs hoummos

(2000kJ/480cal)

Dinner
- **Pork & fennel kebabs with cauliflower rice (p42)**
- **Tropical summer fruit salad (p72)**

(2200kJ/530cal)

Snacks
- 1 regular skim latte
- 2 hard-boiled eggs
- 1 slice wholegrain toast topped with 1 tbs natural peanut butter & drizzle of honey

(2100kJ/500cal)

Daily total 8800kJ (2110cal)

FRIDAY

Breakfast
- **Muesli & fruit** (see Tuesday)
- 1 regular latte

(3200kJ/770cal)

Lunch
- **Fennel, apple & cos slaw with seeded mustard dressing (p71)** with 100g BBQ chicken breast & 1 x 125g cup microwavable brown rice

(1900kJ/450cal)

Dinner
- **Yoghurt flatbread pizza with eggplant & olives (p41)**

(1800kJ/430cal))

Snacks
- **Green & gold fruit salad (p73)**
- 4 wholegrain crispbreads with 40g cheddar & 1 sliced tomato
- 1 cucumber

(1800kJ/430cal)

Daily total 8700kJ (2080cal)

SATURDAY

Breakfast
- **Ricotta & tomato toast** (see Wednesday)
- 1 regular latte

(2600kJ/620cal)

Lunch
- Leftover **Fennel, apple & cos slaw (p71)** with 100g BBQ chicken breast & 1 x 125g cup microwavable brown rice
- 10 cherries

(2100kJ/500cal)

Dinner
- **Tikka cauliflower with mint yoghurt pita pocket (p64)**
- 150ml glass white wine
- 3 squares 70% cocoa dark chocolate

(2400kJ/570cal)

Snacks
- **Tropical summer fruit salad (p72)**
- 10 almonds
- 40g camembert & 10 rice crackers

(1600kJ/380cal)

Daily total 8700kJ (2080cal)

SUNDAY

Breakfast
- **Vegie omelette** made with 3 eggs, 10 cherry tomatoes, 5 mushrooms & baby spinach, cooked in a drizzle of olive oil, & topped with 20g feta
- 2 oven-baked hash browns

(2700kJ/650cal)

Lunch
- **Cheese & tomato toastie** (see Monday)
- 10 cherries

(2300kJ/550cal)

Dinner
- **Tropical chicken burger (p54)**

(1500kJ/360cal)

Snacks
- 1 regular latte
- 1 x 170g tub plain yoghurt & 2 passionfruit
- 1 slice wholegrain toast with 1 tbs natural peanut butter

(2200kJ/530cal)

Daily total 8700kJ (2080cal)

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AUSTRALIAN healthyfood GUIDE

How much do I need to eat?

Every recipe in *HFG* is nutritionally analysed so you can devise a daily meal plan that falls within the recommended nutrition intake guidelines (see table below).

PER SERVE	
1669kJ/399cal	Sugars 14.2g
Protein 24.2g	Fibre 9.3g
Total fat 21.3g	Sodium 265mg
Sat fat 4.6g	Calcium 121mg
Carbs 23.2g	Iron 3.8mg

Look for these nutrition panels that appear on all of our recipes!

Your individual daily nutrition intake will vary depending on age, gender, height, weight and level of physical activity.

We use 8700kJ (2100cal) as the recommended average daily energy intake because this is the figure prescribed by the Australia New Zealand Food Standards Code.

While tracking numbers is one way to health eating, focus on the quality of the foods you eat, too. Enjoying a wide variety of whole foods will make it easier to meet your daily nutrition needs, as well as balance energy intake. Use our recommended daily nutrition intake as a guide only. For personalised advice, visit dietitiansaustralia.org.au to locate an accredited practising dietitian near you.

RECOMMENDED DAILY INTAKE	
Kilojoules	**8700kJ**
Calories	**2100cal**
Protein 15–25% of energy	**78–130g**
Total fat 20–35% of energy	**47–82g**
Saturated fat Less than 10% of energy	**<24g**
Carbohydrates 45–65% of energy	**230–310g**
Added sugars Less than 10% of energy	**50g**
Fibre	**25–30g**
Sodium	**2000mg**
Calcium	**1000mg**
Iron	**8mg**

SODIUM If you have heart disease or are at high risk of this condition, aim to consume less than 2000mg of sodium per day.
CALCIUM Women over 50 years, and men over 70 years, should increase their intake to 1300mg of calcium per day.
IRON Women under 50 years should aim for 18mg of iron each day. If pregnant, your iron intake should increase to 27mg each day.

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What's *hot*

Look for these top products on store shelves in November.

Signature sparkle

S.Pellegrino Essenza Tangerine & Wild Strawberry Sparkling Natural Mineral Water contains the zesty aroma of tangerines balanced with sweet and wild strawberries, plus gentle bubbles.

Quality bake

Want to whip up deliciously moist muffins and cakes? Try using **Grove Avocado Oil** the next time you bake. It's also naturally high in nourishing 'good' fats and antioxidants.

Brand new look

Keep your eye out for the new packaging for **Carman's Toasted Original Fruit Free Muesli**, on shelves of all major supermarkets and grocery stores. It's the same great taste, with a fresh new look!

Frozen delights

Twisted Healthy Treats Minis Frozen Yoghurt Desserts are made with real probiotic yoghurt. Gluten free, they're available in two delicious flavours and have only 90 calories per serve.

Go with the grain

Have you tried **Whole Grain Thins™ Ancient Grains**? These grains pop like corn to create a delicious crispbread with a mildly grainy and nutty flavour. Available from Woolworths.

Fibre boost

Encourage a healthy gut with **Kfibre**. This prebiotic fibre is full of microbiome-supporting benefits and is suitable for all stages of life, ranging from young children to grandparents.

Ask the expert… *Sam Wood*

I am struggling to find the motivation to exercise during lockdown. Between home-schooling and working from home, there just doesn't seem to be time. Tahnee, via Instagram

A It's really easy to feel overwhelmed by everything that's going on. My advice is simple: do your best. Make daily walks – or any form of exercise – a family affair. Take your exercise outside to get a serotonin boost from the sunlight.

When it comes to food, there are plenty of simple, tasty and healthy recipes on the 28 by Sam Wood website. Most of them are ready to eat in about half an hour. And there are snacks on there, too, because we all know what lockdown has meant for our diets. Depending on how old your kids are, involve them in mealtimes. Get them to rinse vegies or do some chopping if they're old enough.

The final aspect is sleep. Get into a good routine – turn off screens at least 30 minutes before going to bed – and try to get close to eight hours of sleep. When you're less tired, you'll feel as though the day is easier to tackle. You'll be more energetic, want to go for a decent walk and not fall back on sugar to pep you up. That, in turn, will help with your sleep.

Sam Wood is the founder of leading fitness app 28 by Sam Wood. He and his team have helped thousands of people to improve their health and live their best lives. Sam lives in Melbourne with his wife Snez and their three daughters, Willow, Charlie and Eve. Connect with him at **www.28bysamwood.com** *or* **@28bysamwood** *on Instagram.*

5 mins with Sam

Go-to breakfast? *Berry* smoothie

Favourite vegetable? *Broccoli* ("little trees" my girls say)

Best pantry shortcut item? *Frozen* vegies & fruit

Best foodie destination? *Misuzu's* in Albert Park (Victoria)

Go-to takeaway option? Friday night *fish & chips*

Photography: iStock.

WHAT OUR RECIPE BADGES MEAN

LOW kJ
Recipes per serve contain no more than:
- 1700kJ per main meal
- 800kJ per dessert
- 600kJ per side dish
- 200kJ per 250ml fluid.

HIGH PROTEIN
Recipes per serve have at least:
- 20g protein per main meal
- 5g protein per side dish or dessert.

LOW FAT
Recipes per serve contain no more than:
- 10g fat per main meal
- 4.5g fat per dessert
- 3g fat per side dish
- 3.5g fat per 250ml fluid.

HIGH FIBRE
Recipes per serve have at least:
- 6g fibre per main meal
- 3g fibre per side dish or dessert.

LOW SODIUM
Recipes per serve contain no more than:
- 500mg sodium per main meal or dessert
- 200mg sodium per side dish.

HIGH CALCIUM
Recipes per serve have at least 250mg calcium.

HIGH IRON
Recipes per serve have 4.5mg (or more) iron.

2 VEGIE serves
Amount of vegetable serves per recipe serve.

✓gluten free ✓dairy free
Contains no ingredients that usually contain gluten or dairy, but always check the ingredients you are using.

✓vegetarian
Suitable for lacto-ovo vegetarians. These recipes often include cheese, which may contain animal rennet. Check the label and use a vegetable substitute if you prefer.

✓diabetes friendly
Meals per serve contain 60g (or less) carbohydrates, 4g (or more) fibre, 7g (or less) saturated fat, 600mg (or less) sodium, at least 2 serves of vegies and are low–medium GI. Desserts are low in kilojoules, high in fibre and low in sodium; they usually contain fruit and are low–medium GI.

No-added-salt diet
Less than 2000mg sodium per day (as per Heart Foundation recommendation to reduce heart-disease risk).

Standard measurements
1 cup = 250ml • 1 tablespoon = 20ml
1 teaspoon = 5ml • Eggs are 55g
Temperatures are for fan-forced ovens. For baking recipes, use a table spread that's at least 60 per cent fat.

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GF indicates that a recipe is gluten free

You can make many recipes gluten free if you replace bread, pastry and pasta with gluten-free varieties, and use gluten-free stocks and sauces.

SUPPORT THE BONES & MUSCLES THAT SUPPORT YOU.

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*Protein and calcium support muscle and bone health as part of a balanced diet

MAKE ANYTHING ZING